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ARCHERY TAG: Addison Cham, co-owner of Archery District, prepares to let an arrow fly at Toronto's first archery tag facility on Tuesday. For a fee, you can re-enact your favourite scenes from movies like The Hunger Games and channel your inner Katniss Everdeen. Combining dodgeball, paintball and archery, the game pits two teams against each other in a bow-and-arrow battle using custom-made, foam-tipped arrows that the owners say "don't hurt at all." See story, page 8. VINCE TALOTTA/TORSTAR NEWS SERVICE

T.O. flu cases are 'way up' this season

H3N2. 'More intense' strain means vaccines aren't as effective

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Cold, sweaty, shaky and achy? Feel like your life force has been drained by some kind of powerful foe?

It's likely the flu — and it's hitting the city harder than it has in years.

Dr. Vinita Dubey, associate medical officer at Toronto Public Health, said more than 700 flu cases have been confirmed so far this season, much higher than the 10-year average of 250 cases reported by early January.

Since the numbers are only confirmed flu cases, it's likely many more are circulating since not everyone seeks medical attention or gets tested.

In short: "Our numbers are way up," Dubey said.

Not only that, the strain making the rounds — H3N2 — is particularly hearty and "more intense" and "makes people sicker and makes them sicker for longer," Dubey said.

H3N2 usually peaks at the end of December or early January, she said. This year, though, cases are still rolling in and it's not clear if the peak has rolled around.

Dubey said this strain of H3N2 is a "drift strain," which means it has mutated.

"Usually that means it's smarter than us, so to speak," she said. "It looks like a new strain to many in the population and it makes them more sick."

That also affects how well the flu vaccine works.

"Because of this drift, the vaccine is not 100 per cent. It doesn't mean the vaccine isn't still effective, it's just less effective," Dubey said. "Someone who was vaccinated might not get quite as sick."

The elderly in Toronto long-term care homes have been badly affected this year — there have been more outbreaks partway through this flu season than there were all last season.

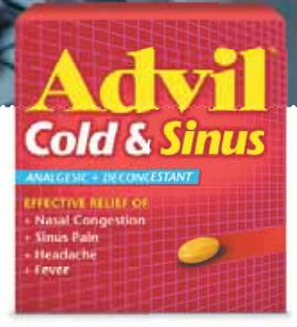
Toronto, according to the Public Health Agency of Canada, is one of the areas of the country designated as having "widespread" flu activity, which means flu is common.

Dubey said if you're sick, stay home from work or school. It's also not too late to get a flu shot, she said.

Other flu hot spots

- Northern Alberta
- Fraser Valley, B.C.
- Parts of central Quebec

SOURCE: PUBLIC HEALTH AGENCY OF CANADA



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Death prompts questions on city's cold weather policy

Dangerous temperatures. How cold is cold enough to open emergency warming centres?

ROSEMARY WESTWOOD
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A Toronto councillor is questioning the city's cold weather alert policy after a man was found dead in a bus shelter Tuesday.

"If you do not have opportunities to find shelter that is warm and safe, and you're exposed to longer durations of extreme weather conditions, especially cold in the winter time, is -15 C adequate?" Coun. Kristyn Wong-Tam sasked Tuesday.

"Or should we be lowering that threshold to, perhaps, -10 C and then factoring the wind chill?"

A memorial in the Dundas Street bus shelter where a man was found dead Tuesday morning. Police said cold weather was a factor.
DAVID VAN DYKE/METRO

Wong-Tam was referring to the city's policy of issuing a cold weather alert — and opening emergency shelters — when Environment Canada is forecasting an overnight low of -15 C.

An alert was expected to be issued Wednesday morning, but Mayor John Tory pre-empted it Tuesday and ordered the city's warming centres to open, citing the frigid weather.

"If you see someone on the street that needs help because of the cold, call 311 & operators will contact outreach workers for follow-up," the mayor urged via his Twitter account.

Dr. David McKeown, the city's medical officer of health, is responsible for issuing extreme cold weather alerts. There is some discretion to include factors like wind chill and precipitation.

A cold weather alert wasn't issued Tuesday, when the overnight low was forecast to hit -7 C, feeling like -15 C with wind chill. An alert also wasn't in effect Monday when the overnight low hit -14 C, with wind chill making it feel somewhere between -20 C and -24 C, according to Environment Canada data.

Police said those cold temperatures contributed to the death of a man found at about 6 a.m. Tuesday on Yonge just west of Dundas.

Officers at the scene said they were familiar with the man, who was in his 50s, and described him as having a "troubled past." They said he has at times been homeless, though it's not known if he was without housing when he died.

An official cause of death has not been determined. The man was wearing only jeans and a T-shirt.

Wong-Tam said she's not comfortable with the city's cold weather protocol. That's despite a June review that saw Board of Health keep the -15 C threshold, even though it found "some evidence to suggest that the alert threshold should be more protective than it currently is," according to a report.

The report notes that cold temperatures above -15 C can be dangerous, especially for those living on the streets without adequate clothing. It quoted Environment Canada figures that cite hypothermia risks at -5 C and frostbite at -15 C. But the document says raising the threshold could "stretch resources" and result in "message fatigue."

"It's an emergency system, so you're not going to be using it for a day-to-day instrument to address cold weather," said Dr. Howard Shapiro, associate medial officer of health who reviewed the document. "We're trying to have a system for extreme cold weather."

There is also no clear line between temperatures that bring a risk to health and those that don't, he said.

The -15 C threshold has been in place since 1996, and was instituted after three homeless people died in the winter of 1995.

Quoted

"There's no magic temperature. People experience and even die from hypothermia at temperatures even above zero."

Dr. Howard Shapiro, associate medical officer of health for Toronto

A person is seen in the downtown core Tuesday afternoon, as bitter cold continued to hit Toronto. DAVID VAN DYKE/METRO

Tory wants proof private trash pickup worth it

The chairwoman of Toronto's public works committee says the city may not privatize collection east of Yonge if the data doesn't support the change, despite a campaign promise by Mayor John Tory to get it done.

With Tory's support, Coun. Jaye Robinson requested additional studies on collection in the east end, which committee members unanimously approved Tuesday. Robinson said a debate at council on whether to contract the service out could come as early as this fall.

The debate is likely to precede upcoming contract negotiations for the union representing city employees who currently do that collection work. Those talks are set to begin in October, ahead of the contract's expiry at the end of December.

According to CUPE spokesman Kevin Wilson, 500 employees work in the solid waste division servicing the east end, and of those, some 200 full-time workers could be laid off. But another 200 full-time employees who have 15 or more years of seniority would need to be reassigned, even if their work is outsourced.

That number could cause a large "upheaval" involving bumping those employees into other positions if contracting-out was implemented, Wilson said.

It's an issue Robinson said the study should address — though it's not specifically outlined for staff.

Though backing away from his promise to "get on" with contracting out garbage, Tory told reporters he wants residents to respect him for making a decision based on the facts.

"I stand in favour of saying to the people of Toronto that we have examined all the facts and done what we need to do to make sure that garbage is being collected in the way that gives people the best service for the least amount of money possible," he said. "I think that what's being done today is simply to collect the facts to make sure we can make a decision when we make it based on those two considerations."

Tory agrees with Robinson that a debate on contracting out garbage collection, if there is a case for it, could be had "fairly quickly" after the report comes back in April.

Green For Life (GFL) Environmental Corp. has been collecting trash west of Yonge on a seven-year contract since 2012, after the city approved privatizing areas formerly served by city workers. TORSTAR NEWS SERVICE

Mayor John Tory said Tuesday he wants residents to respect him for making a decision based on the facts.
DAVID RIDER/TORSTAR NEWS SERVICE

Alleged victim testifies at Indonesia trial

Sex-abuse case. Family of Burlington man said court session in Jakarta lasted for more than eight hours

Another alleged child victim has testified at a trial for a Canadian teacher accused of sexually abusing three students at an international school in Indonesia.

The family of Neil Bantleman, who is from Burlington, said in an email to The Canadian Press that Tuesday's court session in Jakarta lasted for more than eight hours.

The child — referred to as "MAK" — gave testimony via teleconference for more than three hours, accompanied by his father, the email said.

Bantleman was arrested in July along with an Indonesian teaching assistant, and both are accused of sexually abusing three students at the Jakarta International School.

Both men have maintained their innocence and the school's principal and a number of fellow teachers also say the two are innocent.

The Canadian teacher's wife, Tracy Bantleman, says the child who testified on Tuesday was reportedly having difficulty re-telling events he previously told investigators. THE CANADIAN PRESS

Neil Bantleman sits in a holding cell in Jakarta, Indonesia.
TATAN SYUFLANA/THE ASSOCIATED PRESS

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Israel. Toronto group comes to aid of family of man hurt in terror attack

GILBERT NGABO
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A Toronto group is chipping in to assist the family of Howie Rothman, a victim in a November terror attack at a synagogue in Israel.

Through the international Jewish agency, the United Jewish Appeal Federation of Greater Toronto has given a $108,000 cheque to Rothman's family to help with his health-care costs.

Rothman, 54, was severely injured during the attack in the Har Nof neighbourhood of Israel.

Five people were killed — four worshippers and one policeman.

Rothman, a Toronto native, remains in a coma.

"This attack hit a particular cord in our community, not just among Jews but others in Canadian society and the world," said Steven Shulman, the federation's campaign director.

"Here you have an attack on a synagogue, and the only reason these people are attacked is because they are Jewish. So I think people really personalized it."

Shulman said his group usually doesn't raise money for individuals but made an exception because Rothman's family reached out for help. His deep local connections also played a role.

Howie Rothman. CONTRIBUTED

Rothman was born and raised in the community, went to a Jewish high school here and attended York University before moving to Israel some 30 years ago, Shulman said.

He "is a product of not only the Jewish community but clearly of Toronto as well," Shulman said.

The father of 10 children, six of whom still live at home, Rothman was the breadwinner of his family. His absence is a big concern for the well-being of his family, Shulman said.

He praised the tremendous response to the initiative and is encouraging people to continue donating to the cause. More than 1,000 donors have become involved, he said.

Patrick Kelly

Former Mountie who killed wife gets escorted leave

A former Mountie, convicted of first-degree murder, has been granted escorted overnight leave privileges in Vancouver— even after his parole was repeatedly suspended or revoked because he was "being deceitful."

Patrick Kelly was convicted in 1983 for throwing his wife off the 17th-floor balcony of their Toronto apartment.

Kelly, 64, was originally granted day parole in 2003. Since then, his parole has been revoked and granted several times for failing to disclose financial dealings or relationships with women.

A November board decision that was just released to the media said Kelly is manipulative and greedy and has used the Internet to develop female friendships. THE CANADIAN PRESS

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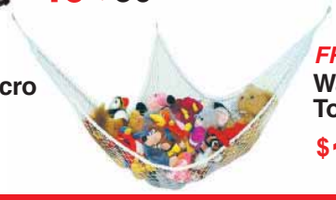

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Blair orders suspension of carding ‘until further notice’

Controversial practice. Police chief’s Jan. 1 move follows pressure from mayor and police board to curtail stop-and-document process

Toronto police Chief Bill Blair has suspended the controversial practice of carding.

A routine order issued by the chief Jan. 1 said carding will be “suspended until further notice,” according to Toronto police spokeswoman Meaghan Gray, who said in an email to Torstar News Service that Blair would not be commenting on the decision until next month.

“The chief will not be speaking publicly on the issue until he has had an opportunity to discuss it with the Board at the next meeting,” wrote Gray.

The move comes after a December police board meeting at which Mayor John Tory, in his first appearance at the board, said the continuation of carding was “corrosive in a way that is fundamentally inconsistent with how we do things in Toronto and Canada. And how we live.”

The board passed a motion asking the chief to finalize carding procedures by Feb. 19 that are in line with the board’s new community contacts policy — which passed in April and emphasizes citizen rights, including the right of an individual to walk away from the encounter if the person is not being investigated for a specific crime.

But the task may have been too much for Blair.

“I think the writing was on the wall,” said lawyer Howard Morton, noting that new board member Shelley Carroll drew attention to the number of speakers at the December meeting who asked that the practice be stopped.

“And obviously, and I say this genuinely, it’s better for the chief to do that … and come to the conclusion that they simply can’t follow the guidelines established by the board last April,” said Morton, a member of the Law Union of Ontario, which has been a vocal opponent of carding. TORSTAR NEWS SERVICE

Up in the air

“All I know, it’s been suspended, so that would mean it hasn’t been terminated.”

Mike McCormack, president of the Toronto Police Association

Chief Bill Blair won’t comment on the carding decision until he has had an opportunity to discuss it with the police board next month. STEVE RUSSELL/TORSTAR NEWS SERVICE

Baking up DS awareness

One cupcake at a time. Mom changing attitudes about Down syndrome through her cupcake business

Cristina Iusso wasn't a day old before a social worker at a Brampton hospital told her parents not to have any expectations of their daughter.

"She told us Cristina won't grow up to be a doctor or a lawyer because she has Down syndrome (DS)," said Mary Iusso, who remembers those words as though spoken yesterday.

Her husband, Maurizio, interrupted, telling the woman he didn't expect their older children, Maurizio Jr. or Alessandra, to choose those careers either, and they didn't have DS.

From that moment, the couple recognized their youngest child would face huge barriers because of stereotypes and myths about the genetic disorder. They've become committed to changing attitudes about people with special needs. And Mary is doing that, one cupcake at a time.

Iusso admits she didn't know anything about Down syndrome before Cristina was born and wasn't prepared for the diagnosis because prenatal testing hadn't indicated it.

"I was happy I had a child that looked like me," she said, with a big smile.

Iusso wasted no time learning all she could about the disorder and soon discovered a lot of negativity surrounding it.

"I wasn't going to stand for it," said the 44-year-old businesswoman, who describes herself as the silver lining person.

"Instead of getting angry, I knew I had to change attitudes. It's not about having the guts to do it. It's my purpose in life."

For the Iussos, Cristina, now five, is a blessing. "She picked us, and I don't want to disappoint her," Mary Iusso said.

Buoyed by her strong faith and support from those she counted on most, Iusso gave up a high-profile job to start on her new life's work: to raise awareness about DS, establish a legacy for her daughter, and provide a place for people with DS to showcase what they can do.

"In doing my research on DS I found out there would be nothing for Cristina after she graduated from high school," she said. "Yes, there are workshops and Community Living activities, but there was nothing where she could shine. I wanted to do something about it, because she's entitled just like anyone else."

Cristina Iusso, 5, inspired Cristina's Tortina Shop, opened by her mother to help raise awareness of Down syndrome. CONTRIBUTED

Iusso chose a bakery as her focus, because she happens to love cakes and cookies — "things connected with celebrations. And who doesn't like cupcakes? They're guiltless."

She transformed her Brampton kitchen into a bakery and hired pastry chef Christie Phillips to work her magic, creating recipes for amazing cupcakes. It wasn't long before they were flying out the door as friends, relatives and neighbours began ordering them by the dozens.

After four successful years working out of her home, Iusso opened Cristina's Tortina Shop in a Brampton plaza on Ray Lawson Blvd. Not long after she opened Cristina's, Iusso's phone was ringing off the hook with calls from parents seeking work for their special-needs children. TORSTAR NEWS SERVICE

LineSix. Liberty Village shuttle service resumes

The Liberty Village Express rolls again this month, offering a bus alternative to the TTC's crowded 504 King streetcar for west downtown condo commuters.

Following a pilot in the fall, LineSix Transit OS (operating system), a Toronto startup, plans to reinstate the service to Union Station starting Jan. 19.

For $4.25 a trip, monthly pass buyers will be able to book a seat on the five trips being scheduled in each of the morning and afternoon rush periods between Union and Liberty Village. If they miss the bus, riders can take the next trip where there's an empty seat.

"There's huge demand in Liberty Village for alternative transit, so we're excited to get back to it again," said co-founder Brett Chang.

The pilot attracted between 45 and 50 riders every morning to the mini-bus that ran between Pirandello Street and Union Station. This time, there will be an added stop at the Toronto Carpet Factory, a growing employment hub on Mowat Street.

"We want to help them get people from the city into Liberty Village as well," said Chang.

He figures about 100,000 people a day are riding Toronto's "shadow transit" system of condo and corporate shuttles, such as those that ferry Porter Airlines and IKEA customers.

Chang said he and partner Taylor Scollon are building operating technology that can be adapted to anyone who wants to set up public or private transit.

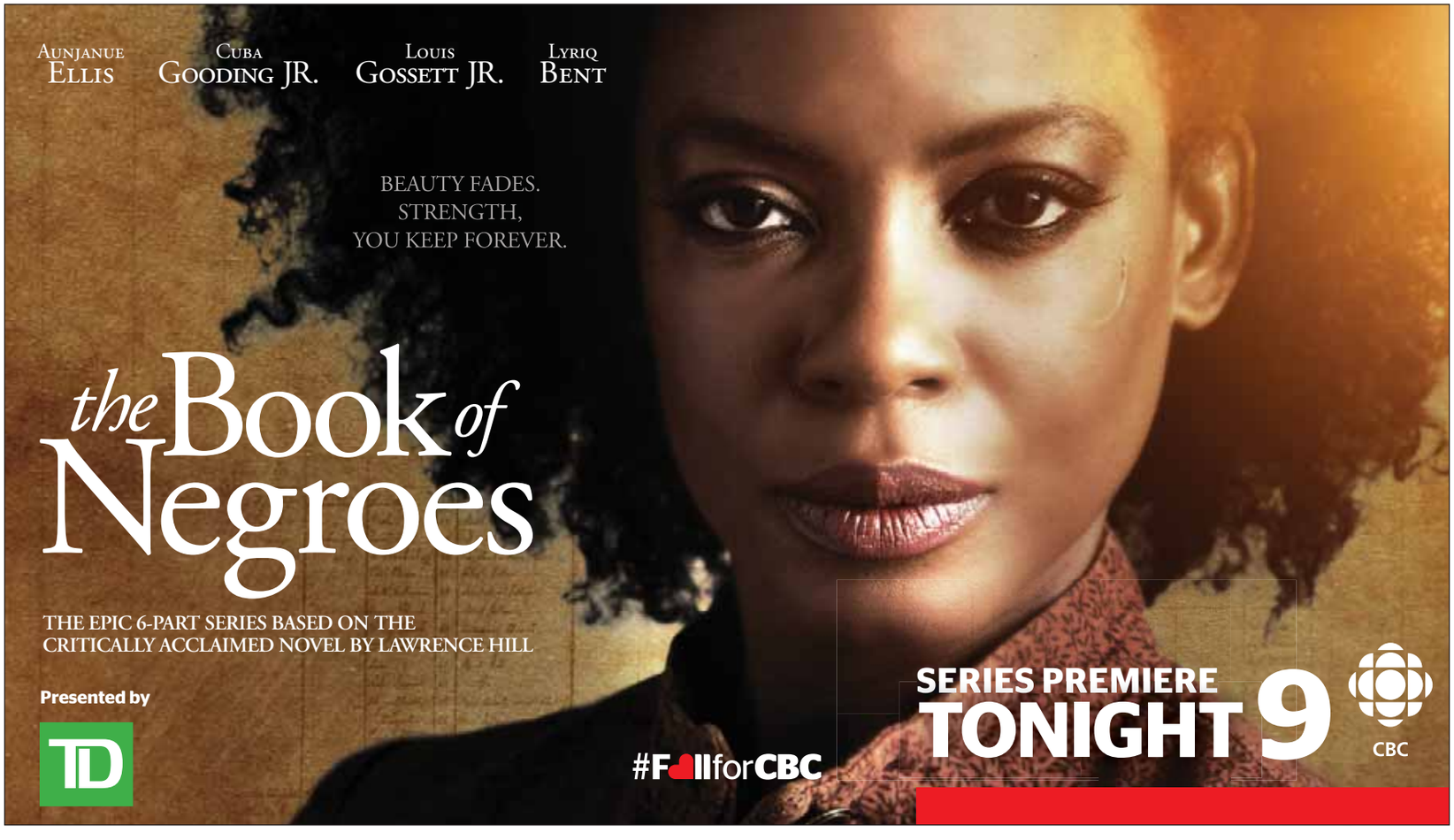
LineSix is already using a mobile website to track payments and seat reservations.

The next step will be to build consumer applications.

"It's going to be the same kind of thing where you can buy your ticket on it, you can track where the bus is going, when it's going to be there. You can show your ticket on your phone to the driver," he said.

They're also looking to build a dashboard application that allows them to see onboard data — feedback from riders, efficiency ratings, on-time status and location.

TORSTAR NEWS SERVICE



Archery tag now at a district near you

Hunger for the game. Sport surging in popularity due in part to bow-toting characters in movies and TV shows

LUKE SIMCOE
Metro Online

Want to channel your inner Katniss Everdeen?

A new sports venue in Toronto is offering aspiring archers the chance to role-play as Robin Hood or re-enact their favourite scenes from the Hunger Games.

Located on Birchmount Road in Scarborough, the Archery District is a 6,000-square-foot facility specializing in archery tag.

"It combines dodgeball, paintball and archery all together," said Derek Wang, one of the venue's co-owners.

The game pits two teams against each other in a bow-and-arrow battle and uses custom-made, foam-tipped arrows that Wang says "don't hurt at all."

The sport was developed in the U.S. and has seen a surge in popularity thanks in part to the Hunger Games' bow-toting heroine, portrayed by Jennifer Lawrence.

"I think the bow and arrow has caught a lot of attention in mainstream media, especially with movies such as the Hunger Games, Legolas from Lord of the Rings, Robin Hood, or the Arrow TV show," Wang said.

For Wang, however, the appeal of archery goes beyond the big screen.

"It's different from a gun or a paintball gun," he said. "The bow is easy to learn at first, but it takes a long time to master in terms of accuracy, your technique and positioning.

"I think people are into sports like that."

And if that doesn't sell you on archery tag, Wang does have another pitch.

"You get to hit your friends with a bow and arrow," he said.

"That's pretty cool."

At a glance

- Archery District is located at 770 Birchmount Rd.
- An hour of gameplay, which includes a 15-minute orientation, costs $25 per person. For more information, visit archerydistrict.com.

Friendly fire

"You get to hit your friends with a bow and arrow.... That's pretty cool."

Derek Wang, one of the venue's co-owners

On their marks. Addison Cham, left, and Derek Wang, owners of Archery District, Toronto's first archery tag facility.
VINCE TALOTTA/TORSTAR NEWS SERVICE

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Allegations. Cosby worried about disruption at shows

Embattled comedian Bill Cosby promised his Canadian fans "the show of their life" Tuesday as he urged them not to get involved if protesters disrupt any of the performances he has planned in Ontario this week.

Cosby's international tour rolls on despite growing allegations of sexual assault against the veteran TV star, with scheduled stops in Kitchener on Wednesday night, London on Thursday and Hamilton on Friday.

Protests are being organized outside the Cosby shows in each city.

"If a disruption occurs, please remain calm until the matter is resolved and do not confront the person making the disruption," said the statement issued by Purpose PR Firm on behalf of Cosby.

The comedian has cancelled or postponed at least 10 shows on his current tour because of the growing number of women alleging sexual assault, but the three in Ontario this week will go ahead as scheduled.

"I'm going to give my fans the show of their life," Cosby added in his statement.

Earlier on Tuesday, Premier Kathleen Wynne said she would not attend any of Cosby's shows in Ontario because of the "very serious" allegations of sexual assault. THE CANADIAN PRESS

Luxury brand

Coach expanding footwear collection

Coach, the luxury handbag and accessories company, is buying Stuart Weitzman Holdings for about $530 million US.

The deal is expected to bolster Coach's image while creating growth opportunities as it struggles to turn around its brand under new CEO Victor Luis.

Some analysts worry that the deal could be a distraction to Coach's core business, especially when efforts so far to rework designs haven't seen much traction. THE ASSOCIATED PRESS

Bride can keep disputed dowry after split: Judge

Court. Groom's family gave bride a dowry of half-ownership of a $1-million Ottawa home, which is the source of a conflict after breakup

An Ottawa judge's decision on a dowry case leaves the husband's parents without a claim to 50% interest of an Ottawa home. Shakiba Banifatemi and Ahmad Abdollahpour split up in Dec. 2013. Ahmad's parents say Shakiba tricked their son into marriage. HANDOUT

She was a beautiful, young exchange student from Iran. He was a handsome, well-spoken Canadian from a well-heeled Iranian family in Ottawa.

They met in calculus class at Carleton University, fell in love and just over a year later, the two 20-somethings got hitched in a lavish ceremony in Toronto attended by both their families.

In keeping with Iranian tradition, the groom's family gave the bride a generous gift — half ownership of a $1-million Ottawa home — a "dowry" that is the source of a bitter dispute between the now-separated couple and their families.

Last week, an Ottawa judge dismissed the husband's family's claims for an order that the bride, 23-year-old Shakiba Banifatemi, transfer her portion of the property back to her ex's parents.

The judge also dismissed claims for orders that she reimburse them for the cost of the wedding — around $50,000, the groom's mother says — and return any wedding gifts she received.

According to the judge, the Abdollahpours alleged Banifatemi "acted fraudulently by tricking" them into gifting her partial ownership of the home and having their son sponsor her for permanent residency.

They also alleged Banifatemi's Iran-based father told them all gifts would be returned if Banifatemi "left the marriage or acted inappropriately" towards the groom, 26-year-old Ahmad Reza Abdollahpour.

Justice Robert Smith found that the evidence did not support the allegations.

"The gift was made without any expectation of remuneration but with the expectation that Shakiba would marry Ahmad, which occurred," Smith said in his reasons for judgment.

"Sometimes things don't work out, unfortunately, but you can't go back a year and half or two years later and allege that there was fraudulent intent," said Banifatemi's lawyer, Kevin Kavanagh.

The family is unsure if they'll appeal the judge's decision, they told Torstar. TORSTAR NEWS SERVICE

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INCLUDES 5-day *Walt Disney World* Resort *Magic Your Way* Base Ticket and Disney Dining Plan. Departs Feb 23/ggv/ua. BOOK this package based on double occupancy for $1559.

Disney Deluxe Resort $1499◊
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Jury selection commences for Boston bombing trial

Boston Marathon. More than 400 potential jurors got their first look at the man charged with plotting attack

As prospective jurors got their first look at Dzhokhar Tsarnaev, the young man accused of bombing the renowned Boston Marathon, it became clear that choosing a jury in the closely watched terror case would not be a quick or simple process.

U.S. District Judge George O'Toole Jr. told the first 400 people called for jury duty that choosing a panel of 12 jurors and six alternates for the highly anticipated trial was expected to take at least three weeks.

He told the potential jurors not to think of the trial as "an annoying burden" but as a needed service and an "important duty of citizenship."

Tsarnaev is accused of planning and carrying out the twin bombings that killed three people and wounded more than 260 others near the marathon's finish line on April 15, 2013. Prosecutors say Tsarnaev and his brother, now dead, also killed an MIT police officer several days after the bombings.

The prosecution and Tsarnaev's lawyers have begun the process of trying to find fair and impartial jurors. Jurors must also be willing, if Tsarnaev is convicted, to consider imposing the death penalty in a state that abolished its own death penalty three decades ago. Tsarnaev is being tried under the federal death penalty.

Prosecutors say Tsarnaev and his brother Tamerlan carried out the bombings in retaliation for U.S. wars in Muslim countries. Tamerlan, 26, died in a gunfight with police days after the bombings.

The defence is expected to argue that Dzhokhar had a difficult childhood and fell under the influence of his older brother. THE ASSOCIATED PRESS

In this courtroom sketch, Boston Marathon bombing suspect Dzhokhar Tsarnaev, third from right, is depicted with his lawyers and U.S. District Judge George O'Toole Jr., right, as O'Toole addresses potential jurors at the federal courthouse on Tuesday in Boston. JANE FLAVELL COLLINS/THE ASSOCIATED PRESS

Gunman, one other killed at Texas veterans' clinic

A Department of Homeland Security helicopter flies over the El Paso VA and Beaumont Army Medical Center campus during the search for a gunman in El Paso, Texas on Tuesday. VICTOR CALZADA/THE EL PASO TIMES/THE ASSOCIATED PRESS

A gunman opened fire at a veterans' medical clinic in West Texas on Tuesday, killing one other person, officials said. The gunman was also killed.

Investigators did not say whether the gunman killed himself or was killed by someone else. They also did not provide any details on the victim or the gunman or provide a possible motive for the shooting.

Fort Bliss Maj. Gen. Stephen M. Twitty said the shooting happened at the El Paso Veterans Affairs Health Care System's clinic, which is in a complex that includes the William Beaumont Army Medical Center. The entire complex was locked down Tuesday as authorities responded to the shooting.

"The alleged shooter is dead, and we have one casualty. That casualty is deceased. All other VA patients and staff are safe," said Twitty, commanding officer of nearby Fort Bliss.

"Everything is under control and there is no immediate threat to Fort Bliss or the local community," he said.

The VA clinic will be closed Wednesday, said its acting director, Peter Dancy.

The FBI, which is leading the investigation, has hundreds of potential witnesses, many of whom were patients or would-be patients at the clinic, said Douglas Lindquist, special agent in charge of the FBI El Paso office.

"Those people were here seeking medical assistance, so we understand the difficulties that this situation presents to them and we're trying to expeditiously get through those hundreds of witnesses to find out details about this incident," Lindquist said.

The VA clinic came under scrutiny last year after a federal audit showed it had some of the nation's longest wait times for veterans' trying to see a doctor for the first time. A survey of hundreds of West Texas veterans last year found that they waited an average of more than two months to see a Veterans Affairs mental health professional and even longer to see a physician.

The VA said in a statement that it "is deeply saddened by the tragic situation that has occurred in El Paso, and we are actively working with our partners at Fort Bliss to investigate this matter." THE ASSOCIATED PRESS

Virginia

Ex-governor gets 2 years for corruption

Former Virginia governor Bob McDonnell, once on the shortlist to be Mitt Romney's vice-presidential running mate during the 2012 presidential race, was sentenced Tuesday to two years in federal prison for taking bribes to promote a dietary supplement.

A jury in September found McDonnell and his wife, Maureen, guilty of public corruption.

McDonnell testified in his own defence during the six-week trial, acknowledging that he accepted Williams' largesse but did nothing for him in return other than extend routine political courtesies. He was convicted on 11 counts. THE ASSOCIATED PRESS

Nigeria

Islamic extremists take military base

Nigeria's chief of defence staff acknowledged Tuesday that the headquarters of a multinational military force on Nigeria's border with Chad has been seized by Islamic extremists.

Air Chief Marshal Alex Badeh told reporters that only Nigerian troops were at the key base at Baga, on the shores of Lake Chad, when insurgents attacked Saturday because Niger and Chad had withdrawn their fighters from the base. Thousands of people have been killed and about 1.6 million driven from their homes in the five-year-old Islamic uprising in Africa's most populous nation and its biggest oil producer. THE ASSOCIATED PRESS

New York

Three questioned in shooting of cops

Three suspects were being questioned Tuesday about the shootings of two New York City plainclothes police officers responding to a grocery-store robbery, authorities said.

One of the suspects was seen on a surveillance video from the crime scene in the Bronx, police said.

Both officers are listed in stable condition.

The shooting occurred around 10:30 p.m. Monday. The officers were coming off their shift when they and three other plainclothes officers responded to the robbery report. THE ASSOCIATED PRESS

VOICES

ALL THE CONTENT, NONE OF THE GUILT

Metro's Matt LaForge doesn't feel bad about all the unblocking he's done on Netflix, but he wouldn't be able to explain why *nearly* as well without all the contraband he's watched

MATT LAFORGE
readers@metronews.ca

I have a confession that I'm almost excited to make, such is my lack of remorse over it: For more than three years now, I've been living in Canada but regularly watching what we up here call "American Netflix." I'm an inveterate unblocker. And, as Butch Coolidge said to Esmeralda Villalobos in Pulp Fiction, which I fondly remember streaming via American Netflix, I don't feel the least bit bad about it.

There's no way to know exactly how many unblockers this country harbours, but surveys suggest that the number is high. No surprise there: Unblocking is tempting (Parks and Recreation, It's Always Sunny in Philadelphia and the ESPN 30 for 30 documentary series vs. Mr. D) and it's easy (if you can use Google, you can do it). And, most important, until earlier this week, unblocking was improbably, spine-tinglingly consequence-free, like wearing a great-fitting pair of pants borrowed from a friend who has long since forgotten he ever owned them.

But the party may be ending. Last weekend, a couple of websites reported that Netflix had begun cracking down on unblockers. Then, on Monday, Netflix issued a statement that, in effect said, "We're not OK with unblocking, we never have been OK with unblocking, and we have a prerogative deriving from our obligations to the companies we license our content from to make sure that streamers are streaming from where they're supposed to be streaming from."

Well, OK then.

Look, I wasn't born yesterday. I know when it's time to return the pants. So, in light of Netflix's tough talk, I'm hereby cooling it on the unblocking until all this blows over. But do I feel bad about the unblocking I've already done? In the words of Long Duk Dong (Sixteen Candles, another illicit stream I look back on with tender affection), "No way, Jose!"

The main reason I feel this way is that Netflix got its money. Unblocking isn't file-sharing, which I might as well admit I've also done an inordinate amount of. When you download a movie torrent, the movie's copyright holder gets nothing. But when someone in Canada unblocks American Netflix, the Canadian copyright holders with whom Netflix has licensing agreements still get their pre-negotiated pieces of your $8 a month. The arrangement is not what any of the parties to the licensing deals had in mind, but, take it from me, it's relatively easy on the conscience.

The other reason is that Netflix sends mixed messages. We're talking about a company that has since Day 1 of my subscription been willing to let me share my login and password with my parents, my girlfriend, her parents, my sister, a few of my more trifling cousins, a couple of guys I at one time owed money to, and basically whoever else has troubled themselves over the past three years to so much as ask .

This is not to mention all the friends, relatives and acquaintances with whom the aforementioned are sharing my login and password, or to mention however many other of *their* respective friends, relatives, and acquaintances are cutting in on the action, and on and on and on, such that as we speak my sign-in credentials are spreading at the speed of shamelessness to every corner of an infinitely ramifying Brady Bunch-intro-style matrix of moochery.

The company that stood idly by when my dad called my sister one cold December night and said, "Get the hell off Netflix — your mother and I want to watch Wallander" when it could have insisted on making him pay his own $8 a month is now, all of a sudden, going by the book? You can't be serious. When anything-goes cool parents get a call from the truant officer and decide on a dime to become disciplinarians, they face what's called a credibility problem. Same goes here.

Hear this, fellow unblockers: We've had a great run, and in the event that this crackdown proves to be a bluff, we'll have another. Don't let misplaced guilt ruin it. To quote the tragically doomed Cyrus (The Warriors — you never forget your first unblock): "I say, the future is ours."

Ban on tobogganing a slippery slope

PAUL SULLIVAN
Metro in Vancouver

Winter is bad enough, so why are we making it worse?

It's true; cities all over North America are banning tobogganing for the same reason bureaucratic weasels ban anything: It's dangerous. OK, it's dangerous. Almost 230,000 kids were injured sledding in the U.S. in the decade between 1997 and 2007, according to the Center for Injury Research and Policy. But so is everything else. In that same reckless nation, about 275,000 kids suffer non-fatal bicycle injuries each year. About 82,000 kids are treated for trampoline injuries, and 61,000 kids are hurt skateboarding.

As far as I can tell, there are no statistics on the danger involved in getting up every morning, but few will argue that it is eventually fatal. Still, this tobogganing menace has to be stopped, and cities from Dubuque, Iowa, to Montville, N.J., have climbed on the ban-wagon. Closer to home, sledding is banned in Hamilton and numerous slopes in the GTA. They'd ban it in Vancouver if there was any snow.

Let's not forget that while they're busy banning winter fun in Iowa it's OK to drive around with a handgun, so what's the point? The point, of course, is that they're really afraid of lawsuits.

But bans don't even work. Some guy in Hamilton was awarded $900,000 after he injured his spine in a sledding accident, even though sledding is banned in Hamilton. The court decided that even though he was breaking the law, the city should have warned him about that snow-covered ditch. Really? This ban on tobogganing will take us down a slippery slope that's guaranteed to end in a wipeout.

There's a school in Toronto that has banned all balls except those foam Nerf balls. Try playing basketball with a Nerf ball. And there's a woman in Vaughan, Ont., who is trying to get the oak trees near the school chopped down because the acorns could cause anaphylactic shock in kids with nut allergies. We're creating people who are good for only one thing: Texting with a helmet on.

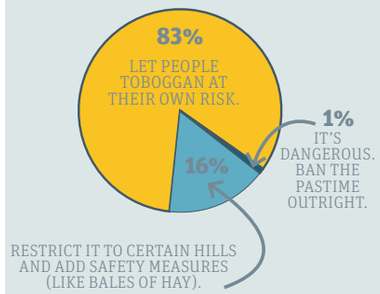
Meanwhile, the war on winter fun continues. Next up: The backyard skating rink. The city of Cornwall, Ont., ordered a family to dismantle its lovingly constructed rink because a neighbour complained and it violates various bylaws. The same thing happened recently in Sherbrooke, Que., where a neighbour complained that a local backyard rink was too "noisy."

Um, that's what fun sounds like. Banning sledding is one thing. The backyard rink is another. It's as Canadian as Tim Hortons, more so now that Tim's is owned by Burger King.

Ban the backyard rinks and you strike at the heart of Canadian hockey supremacy. We might as well just give back that junior hockey gold medal to Russia, where winter fun is compulsory.

We asked you:

HOW SHOULD CITIES HANDLE TOBOGGANING?


83%
LET PEOPLE TOBOGGAN AT THEIR OWN RISK.
1%
IT'S DANGEROUS. BAN THE PASTIME OUTRIGHT.
16%
RESTRICT IT TO CERTAIN HILLS AND ADD SAFETY MEASURES (LIKE BALES OF HAY).

Metro gets swabbed for OneMatch

Mark Watkin poses with Metro employee Jennifer O'Callaghan after she gets swabbed for OneMatch, the national stem cell donor registry. At any given time, close to 1,000 Canadians are waiting on a stem cell match. Watkin, who lost his daughter Sarah to cancer after she was unable to find a matching donor, is encouraging everyone to get swabbed and add their information to the registry. For more information, visit onematch.ca. LUKE SIMCOE/METRO

metro

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Russell Crowe ALL PHOTOS: GETTY IMAGES

Crowe tells actresses: Act your age and you'll have role to play

Russell Crowe sat down with Australia's Women's Weekly — why, I'm not sure — and used the opportunity to take a certain generation of actresses to task for not acting their age.

"To be honest, I think you'll find that the woman who is saying that (the good roles for women have dried up is) the woman who at 40, 45, 48, still wants to play the ingenue, and can't understand why she's not being cast as the 21-year-old," he says. "If you are willing to live in your own skin, you can work as an actor. If you are trying to pretend that you're still the young buck when you're my age, it just doesn't work."

Now, before you get out your pitchforks, Crowe has some anecdotal evidence to back up his claims.

"I have heard of an actress, part of her fee negotiation was getting the number of children she was supposed to have lessened," he says. "Can you believe this? This (character) was a woman with four children, and there were reasons why she had to have four children — mainly, she lived in a cold climate and there was nothing to do but fornicate all day — so quit arguing, just play the role."

Also, Crowe insists that he's given the same tough love to himself, saying, "The point is, you do have to be prepared to accept that there are stages in life. So I can't be the Gladiator forever." But come on, Russ. Some of us actually saw your dreadful Robin Hood. But hey, maybe it's a really, really recent revelation for him.

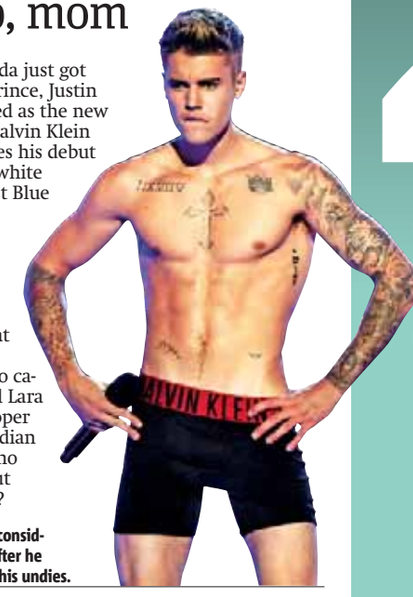
Blake Lively quietly rings in the New Year as a mom

Blake Lively and Ryan Reynolds

Blake Lively certainly knows how to keep things under wraps. The former Gossip Girl star and husband Ryan Reynolds reportedly welcomed their first child in December, just before the New Year, but managed to keep mum about it until now. The baby, whose gender and name have not yet been announced, arrived prematurely, but both Lively and the newborn are "healthy and doing well" now, sources tell Page Six. This is the first child for Lively and Reynolds, who were married in 2012.

And if previous reports are any indication, we know just how the new parents will be celebrating their arrival: "She's saying she wants to get pregnant really soon after she pops this baby out," a source told E! News back in October. And both Lively and Reynolds have made no secret about the fact that they want a big family. So maybe let's give them some privacy this week?

See, walking around with your skivvies showing does help, mom



The biggest ego in Canada just got bigger. Pop's reigning prince, Justin Bieber, has been unveiled as the new face — and body — of Calvin Klein Underwear. Bieber makes his debut in a series of black-and-white photos featuring his best Blue Steel and a suspiciously rounded and unrealistic bulge. He kicked things off with a six-second video feature showing him playing drums. We're pretty sure that, at least, is all Bieber.

In the ads, Bieber also cavorts with British model Lara Stone, who is a real trooper — and the wife of comedian David Walliams. Hey, who wants to just think about Marky Mark for a while?

Speculation Calvin Klein was considering Bieber started shortly after he appeared at Fashion Rocks in his undies.

Game of Thrones to take series finale to the Imax

Peter Dinklage as Tyrion Lannister in Game of Thrones.

The biggest show on television is about to get a lot bigger. Like, Imax bigger. HBO is supersizing its hit Game of Thrones, bringing the final two episodes of last season to Imax screens later this month along with an exclusive trailer for season five. The engagement runs Jan. 23 to 29, with tickets reportedly going on sale "in the coming days" at Imax's site — and possibly as early as today. So get on that.

The episodes and trailers will occupy 150 Imax screens across North America for the week, offering the first real glimpse of the new season, debuting in April, aside from a few vague clips online about three-eyed ravens and the vision "becoming clear."

Katy plots to shake, shake, shake things up with Taylor

Katy Perry

This might actually get me interested in the Super Bowl. Katy Perry is reportedly planning to work a reference to her ongoing feud with Taylor Swift into her halftime performance next month, according to Hollywood Life.

"She wants to make a statement with her performance and show that she is the biggest female act in the world, and she wants to show that to everyone including Taylor, who she has a feud with," a source says. "Katy will be doing something on stage during her performance that will be directed towards Taylor. She is working on it to be a visual or a lyric-related jab."

Oh man, the possibilities! Will Perry make out with and dump Harry Styles on stage? Burn a photo of adorable kitty Olivia Benson in effigy? Or maybe pretend to be a country artist for the first few songs in her medley, then completely abandon the genre? We'll have to wait and see.

SCENE

Book of Negroes brings female-led epic to life

Television. Star reflects on authenticity, slavery in new miniseries

HALEY RYAN
Metro in Halifax

Aunjanue Ellis on the set of Book of Negroes. JEFF HARPER/METRO IN HALIFAX

Aunjanue Ellis aged decades within hours, experienced years of love and despair within months — and took each day as if it were "a gift."

Ellis stars as Aminata Diallo in The Book of Negroes, a six-part miniseries based on Lawrence Hill's award-winning Canadian novel of the same name. Aminata is forced into slavery as a child and taken from West Africa during the 18th century to work on a plantation in the Deep South before going to Nova Scotia as one of the black Loyalists post-American Revolution, eventually finding her way home.

"When epic stories are told like this, it's usually from the male perspective, a male hero," Ellis said in a June interview from Mississippi. "Just the novelty of (this) was exciting to me, and the fact that her story spanned so many decades."

Ellis said she hadn't heard about the book before reading the script, but loves being involved with novel adaptations because there's so much source material on a character.

Aminata wants to be a storyteller and goes through her life with grace, empathy, and a detachment that allows her to observe the people around her, which Ellis said she found "incredibly aspirational."

"I was thinking in my own private time, 'What would Aminata do in this situation?'" Ellis said with a soft laugh. "To me, she was very real."

She had to have both a sense of growth and regression to play Aminata from her 20s to 50s, sometimes within a day, Ellis said, but she took it one day at a time rather than trying to portray an entire life in a three-month shoot.

"(It) was just me living as much as I could in the experience," Ellis said. "It was just a gift for me and for everybody."

By filming in searing heat in South Africa and freezing temperatures in Canada, Ellis said she's proud the series follows Aminata's footsteps — even though being attacked by mysterious bugs while running through the jungle wasn't exactly comfortable.

But director Clement Virgo wasn't interested in "comfort," Ellis said, adding the cast agreed it was important to be as authentic to the realities of slavery, including whippings and rape.

Ellis said when you put comfort ahead of what the character was experiencing, "you sacrifice all of that," so it was important to have actors who were respectful even though it felt like "jumping off a building."

"We were there to catch each other," Ellis said. "That made the rape scenes and the really hard, brutal, brutal stuff ... less traumatic."

Ellis said she hopes the story brings about an international conversation about how Aminata was placed in that situation, and how women and children are still experiencing violence, as with the kidnapping of Nigerian school girls in April.

"We sort of … dismiss it and go towards issues we think are more fundamental and that's unacceptable," Ellis said.

Lyriq Bent, who plays Aminata's love Chekura, said there is much black history Canadians aren't even aware of, but this story helps shed light on the thousands of people who fled to Nova Scotia from the U.S. before moving inland, recorded in The Book of Negroes as those who had helped the British.

"We need to understand our history so we can better our future," he said.

Miniseries debut

The Book of Negroes debuts tonight at 9 p.m. on CBC.

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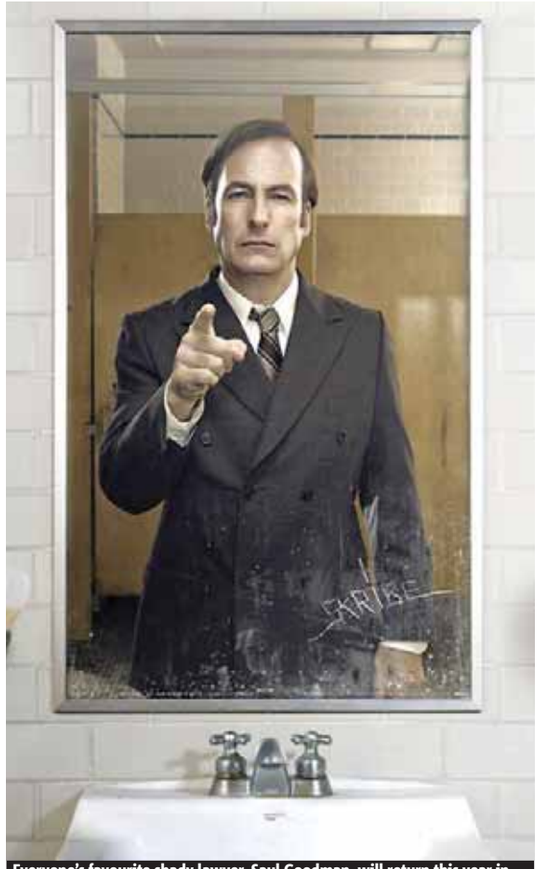
What's due on your small screen in 2015

TV premieres. Pop the popcorn and get out your Snuggie: These new series will keep you glued to the couch throughout the year

With leading names behind the camera and in front of it, this year's new television series already have people talking, long before the shows' arrival on the air. For those whose New Year's resolutions do not include spending less time in front of the small screen, here is a selection of must-see series premiering throughout 2015.



Everyone's favourite shady lawyer, Saul Goodman, will return this year in the Breaking Bad spinoff series Better Call Saul. CONTRIBUTED

Better Call Saul
After bidding farewell to their favourite program in September 2013, Breaking Bad fans will soon reunite with some of its characters in a spinoff. Walter White and Jesse Pinkman will not necessarily be in the picture, but their shady lawyer Saul Goodman, played by Bob Odenkirk, should help make up for their absence. Viewers will learn about his life prior to meeting the two meth dealers, starting six years earlier, when his name was still Jimmy McGill.

Air date: The dramatic comedy premieres Feb. 8 on AMC, just after The Walking Dead, and will then air on Monday nights from Feb. 9.

Battle Creek
There is some impressive star power in this new CBS police series, both behind the scenes and on the screen. Hailing from Vince Gilligan and David Shore (the creators of Breaking Bad and House MD, respectively), the show will debut with an episode directed by Bryan Singer. Josh Duhamel and Dean Winters co-star as two detectives who have opposing world views, but are forced to work together to tackle crime in Battle Creek, Mich.

Air date: The show premieres March 1 on CBS.

Bloodline
An introspective psychological thriller, this new production from the creators of Damages revolves around themes of competition, jealousy and betrayal among brothers and sisters. The siblings' secrets and private wounds come to light when one of their own, the black sheep of the family, returns to the fold.

Netflix has put together an all-star cast for the drama, including Kyle Chandler, Sam Shepard and Sissy Spacek.

Air date: The drama is due to premiere in March on Netflix.

Wayward Pines
Following in the footsteps of Twin Peaks, M. Night Shyamalan's first small-screen project will combine suspense and crime drama with fantasy elements. Matt Dillon, Melissa Leo, Terrence Howard, Juliette Lewis, Carla Gugino and Toby Jones are cast in this miniseries, which will centre on a federal agent's complex investigation into the disappearance of two colleagues in a strange town in Idaho. Soon after his arrival, Agent Ethan Burke comes to realize that getting out of Wayward Pines will not be an easy task.

Air date: The drama will debut May 14 on Fox and simultaneously in 125 countries worldwide.

The psychological thriller Bloodline airs on Netflix in March. CONTRIBUTED

Battle Creek, by Breaking Bad and House MD creators Vince Gilligan and David Shore respectively, will debut March 1. CONTRIBUTED

Daredevil
The first series resulting from Marvel and Netflix's recent tie-up, Daredevil will join a growing roster of superhero productions for the small screen. Following in the footsteps of Ben Affleck, who starred in a movie adaptation of the comic, Charlie Cox portrays Matt Murdoch, a blind lawyer by day who by night becomes Daredevil, a superhero with enhanced senses. Vincent D'Onofrio and Rosario Dawson also feature in the series, which will be followed in the coming years by three others dedicated to other Marvel heroes — Jessica Jones, Luke Cage, Iron Fist — and an event mini-series on The Defenders, a group that will likely unite the four superheroes.

Air date: The drama is scheduled to arrive on Netflix in May. AFP

True Detective, Season 2

- While not a new series, HBO's crime anthology show will take on an entirely new cast and setting for its second cycle, echoing the format of American Horror Story, among others.
- In Season 2, premiering this summer on HBO, the backdrop has moved from Louisiana to California, and Matthew McConaughey and Woody Harrelson have given way to a cast with similarly renowned names. Colin Farrell, Vince Vaughn, Rachel McAdams, Kelly Reilly and Taylor Kitsch will pick up the baton with a new investigation.

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How-to

Deal with the middle seat

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2. Ask at the check-in desk and even at the gate if any other seats have become available.
3. Put all your stuff in the overhead bin, so you can have maximum legroom.
4. Pray that you get two slim Jims on either side of you.
5. Stake your claim on the most comfortable sections of both arm rests (you're entitled).
6. Fall asleep. Try to time bathroom breaks with your seatmates first.
7. Suck it up. Read, work, meditate, make New Year's resolutions, watch a movie. Just try to take your mind off everything and you'll be home in a flash. **DOUG WALLACE/METRO**

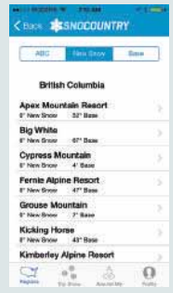
Deal

Best Western's 20 per cent off

Until Feb. 1, participating Best Western hotels are offering up to 20 per cent off with a Light Up the Savings promotion. This can come in particularly handy if you're taking the whole family to the ski hills for a week. As well, Best Western Rewards members can sign up for the promotion online to get 500 additional points for each qualifying stay, with no limit on the number of stays. Some conditions may apply. Visit BestWestern.com and BestWesternBC.com.
DOUG WALLACE/METRO

Tool

SnoCountry App



Skiers have ample choice when it comes to weather apps to help them navigate a week on the slopes, but SnoCountry is one of the easiest to use and has all the data you'll need for skiing in Canada, the U.S., South America, Europe and Australia. And in addition to forecasts, base depth and other climate details, you also get trail maps in case you happen to take a wrong turn. Free on iTunes (iOS only).
DOUG WALLACE/METRO

Downton Abbey estate opens up for overnight guests

Brace yourselves, Downton Abbey fans: Highclere, the British estate that has become famous around the world as the setting for the popular period drama, will be opening up its London Lodge, an 18th-century cottage, for overnight stays. London Lodge served as the original entrance to Highclere, with its grand, imposing stone archway and heavy iron gates. Bookings can be made for Valentine's Day, as well as select dates through the Easter holidays. AFP

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tico.ca Cuba

When you've got an L.A. layover, it's time to head to West Hollywood

Rest time. Nestled between Hollywood and Beverly Hills, this pocket of L.A. offers great outdoor options and nightlife

ANDREW JOHN VIRTUE DOBSON
dobbernationloves.com
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L.A. In A Day Bike Adventure explores a 50-kilometre loop of the city, including Venice Beach. ISTOCK

Each year thousands of Canadians find themselves connecting through LAX en route to Australia, New Zealand, Asia and beyond. Why not extend your layover in California and enjoy some of the luxuries L.A. has to offer?

It's even possible to enjoy this freeway sprawling city without ever renting a car.

Unpack at The Chamberlain Hotel, a design-driven urban oasis ideally situated on a tree-lined residential street in West Hollywood. Nestled between Hollywood and Beverly Hills, WeHo offers a perfect home base with so much to see just a hop, skip and a jump away.

The Chamberlain's well-appointed suites are a quiet and calm retreat from the hustle and bustle of the city's streets while its rooftop pool provides the perfect spot to splash through a margarita at sunset.

If energizing exercise and a breath of fresh air is something you need after a long haul flight, be sure to sign up for Bikes and Hikes' wildly popular L.A. In A Day Bike Adventure. Explore every nook and cranny of Los Angeles with a friendly guide via a 50-kilometre full-day pedal. The tour offers a truly unique view of the city, allowing guests to explore from Beverly Hills to Santa Monica Pier, Venice Beach and beyond.

Voda Spa is WeHo's best-kept secret and the perfect spot for those looking to fight jet lag, nurse that hangover or simply rest and relax. The treatments and saunas here reflect cultures from across the globe and include traditional Russian banya, Swedish cedar dry sauna and a Turkish wet steam bath.

Be sure to sign up for the signature platza treatment, a rigorous massage performed with venik — a leafy, fragrant bundle of oak, birch and eucalyptus, which soaks in warm water and is applied using rhythmic taps and strokes.

At night, head to DBA Hollywood, where film fans pack to the brim for an evening filled with song and dance.

The production team at For the Record puts on dazzling interactive musicals based on the work of famous Hollywood directors with past triumphs including Scorsese, John Hughes and Tarantino. The team is currently wrapping up an extended run of Baz Luhrmann, a three-hour extravaganza inspired by the Australian directors cinematic hits Strictly Ballroom, Romeo and Juliet, Moulin Rouge and The Great Gatsby. If you look closely through the dimly lit theatre you're sure to spot Rumer Willis (daughter of Demi Moore and Bruce Willis) who has performed in the last few productions.

The Chamberlain's rooftop pool is the perfect place to relax after a long leg of flying. ANDREW DOBSON/METRO

Bucket list

Lithuania

Adopting the euro on Jan. 1, the Republic of Lithuania is even closer to being a full-fledged European nation, and everyone from The Guardian to Lonely Planet is calling the Baltic state the top travel spot to hit in 2015. On the southeast side of the Baltic Sea just east of Sweden, Lithuania is teeming with forests, lakes and rivers, not to mention 100 kilometres of coastline. The famous Curonian Spit is one giant sand dune extending from the seaside town of Klaipeda all the way to the Russian enclave of Kaliningrad. The capital, Vilnius, boasts striking baroque architecture, a vibrant artist community and an Old Town that's on the World Heritage list. For day trips, your itinerary should include Trakai National Park with a visit to the Gothic Island Castle and a stop at the Second World War Jewish monuments in Paneriai Forest. Visit Lithuania.Travel.net

DOUG WALLACE/METRO

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New year

Put these spots on your 2015 trip list

ON THE MOVE
Loren Christie
life@metronews.ca

Kate and the Jolie-Pitts can't be wrong in picking Malta as a sojourn spot. ISTOCK

Looking to holiday somewhere out of the ordinary this coming year? I asked some industry experts to share some unique destination suggestions for 2015.

The Jolie-Pitts recently bestowed their celebrity endorsement upon Malta when they had a working honeymoon on this European island nation while filming By the Sea. This past season's racers on The Amazing Race showed us just how blue the waters of the Blue Grotto are when they rappelled down into this popular tourist attraction. And, if the Hollywood effect isn't enough, Malta should get some royal treatment in 2015. This past fall, the Duchess of Cambridge missed her first solo trip overseas when a visit to the republic was cancelled due to severe morning sickness. Cheapflights.ca predicts that she will plan a makeup visit in 2015 with royal baby No. 2 in tow.

Having come off 2014 as the host of the FIFA World Cup and preparing to again welcome the world for the 2016 Summer Olympics, this is Brazil's gap year. According to travelzoo.ca, the country will open 400 new hotels over the next year, enticing more travellers to hot spots such as Rio de Janeiro and Iguazu Falls. Air Canada has increased its service to this South American hot spot by adding three direct flights between Toronto and Rio. If your curiosity is piqued, and you want to avoid the crowds and costs of an Olympic year, now is the time to go.

Topographically speaking, 2015 is the year to get high. July will mark 150 years since the first Matterhorn ascent and Zermatt, Switzerland is celebrating with open-air performances, festivals and sporting events. The 101-year-old Hörnli Hut, the starting point for a Matterhorn climb, will reopen after being refurbished. Meanwhile Salzburg, Austria will be alive with The Sound of Music as the Rodgers & Hammerstein's gem marks its 50th year. The city will host tours and singalongs.

Hit the Kootenay loop if you're looking for powder

Alpine. B.C.'s Powder Highway offers a laid-back way to enjoy some of the best skiing

Red Mountain near Rossland, B.C. THE ASSOCIATED PRESS

For many in the skiing world, the resorts of Canada's Powder Highway in British Columbia's Kootenay region are secrets they'd rather not share with the public.

The circuit links eight mountain resorts and many times more Nordic, heli- and cat-ski operations across 677 kilometres.

"There's very little out there that can rival the quality and terrain in the Kootenays," says Ian Johnston, a Vancouver transplant to Rossland where he skis at Red Mountain.

"If you want powder, you go to the Kootenays," he says. "If you go to party, you go to Whistler," referring to the better-known and massive ski resort that hosted the 2010 Winter Olympics, a nine-hour drive from Rossland.

Like most locals, Johnston grudgingly agrees that those along the Powder Highway need to share their light, airy powder bonanza with the world. The laid-back resorts offer miles of trails, massive quantities of vertical feet, heli-skiing and communities where skiing is a passion passed from generation to generation.

The gems along the highway through the pristine valleys of the western slope of the Rockies and the Purcell and Selkirk mountain ranges are: starting in the East Kootenay, Fernie Alpine Resort near the mining town of Fernie; Kicking Horse Mountain Resort west of the entrance to Yoho National Park; Kimberley Alpine Resort outside the picturesque city of Kimberley; Panorama Mountain Resort outside Invermere; and Revelstoke Mountain Resort west of Kicking Horse.

Moving into the West Kootenay region, Red Mountain Resort is minutes from the cities of Rossland and Trail, and Whitewater Ski sits above the trendy lakeside city of Nelson.

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Bahamas trek? Don't skip Nassau

Travel time. History, arts, culture and food — take a break from the incredible beaches

VAWN HIMMELSBACH
For Metro

One of the oldest cities in the Western Hemisphere, Nassau, has a distinctly colonial charm that is the historic heart of the Bahamas.

Nassau offers year-round cultural events and festivals like Junkanoo — an overnight street parade. THE BAHAMAS MINISTRY OF TOURISM PHOTOS

Get your Junkanoo on

Junkanoo is an overnight street parade, ordinarily held Boxing Day and New Year's Day from 2 a.m. to noon. In May, Nassau will host the Junkanoo Carnival, which is loosely modelled after Mardis Gras. Junkanoo troupes (from 500 to 1,000 members) in extravagant costumes wind their way through the streets of downtown Nassau to the hypnotic rhythms of goat-skin drums, brass horns and cowbells.

The Bahamas is made up of 700 islands, including cays and islets, amidst the world's third-largest barrier reef and some of the clearest water on the planet, with visibility up to 30 metres.

It's a paradise for sun, sand and surf, but for those who haven't been to Nassau — the capital and historic heart of the Bahamas, located on New Providence Island — there is now more reason to leave the resort and experience some Bahamian culture.

Nassau's ideal location — its main harbour is protected by Paradise Island, which has been developed as a playground for tourists with resorts, nightclubs and a casino — made it attractive to pirates back in the day.

Indeed, the British Colonial Hilton is built on the site of Old Fort Nassau, former residence of legendary pirate Blackbeard. Eventually, in 1718, British colonialists figured out how to navigate the waters and kicked the pirates out.

"Nassau is one of the oldest cities in the Western Hemisphere, almost 600 years old," said Ambrose Morris, communications manager with the Bahamas Tourist Office for Canada.

As a result, the city has a colonial charm, with several historic sites that are worth a visit, including Gambier, Adelaide and Fox Hill (three historic villages settled by liberated slaves in the 1800s).

While there is plenty of history here, Nassau is also transforming itself by investing in the revitalization of Bay Street, its downtown core, and offering year-round cultural events and festivals.

The Baha Mar is the Caribbean's largest resort project, slated to open this spring with 4,000 rooms across five branded resorts along Cable Beach — a three-kilometre stretch of powdery white sand bordered by swaying palm trees. But this project is also taking a sustainable approach: The installation of coral "antlers" along the shoreline promotes the growth of marine life and will eventually be covered by a living reef.

While in the Bahamas, "you've got to have the conch," Morris said.

Fresh conch is served up in fritters, deep-fried (cracked) and in salad (raw, like ceviche). Combine that with a local Kalik beer for a true taste of the Bahamas. For the best conch, Morris recommends heading over to Arawak Cay, named after the original West Indian inhabitants of the islands. Here, visitors can partake in the weekly fish fry, which offers up island cooking and local entertainment (this is where the locals go to eat fresh seafood).

"If you hop in a cab and say 'fish fry,' they know where to take you," Morris said.

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Are you suffering from professional envy?

Career. Instead of treating your career like a competition, focus on figuring out what matters to you.

RIANA TOPAN
TalentEgg.ca

For a young professional, social media can sometimes be a challenge.

We're constantly being fed updates and information about what our friends and acquaintances are up to, making it easy for us to feel like what we are doing isn't measuring up.

While a bit of competition can be a good motivator, many students and grads can get caught up in their peers' successes.

If this sounds like you, here are a few ways you can handle your career envy.

Adjust your attitude

Remember that the things we see on social media are carefully chosen tidbits of information that reflect a person's best side.

Constantly comparing yourself to others will only frustrate and upset you. Take what you see with a grain of salt, and take a step back to get some perspective. The only person you should compare yourself to is you.

Keep in mind that building a successful career doesn't happen overnight.

It takes time to cultivate skills, learn about your strengths and weaknesses, and work your way up to your dream job.

Even though you may feel pressured to reach certain professional milestones within a set time frame, there's value in trying things out and making a few mistakes along the way.

Rushing through the early stages of your career may mean you're less likely to end up where you want to be. You could miss out on some amazing opportunities because you didn't take the time to take advantage of them.

It can be fun to see what other people are up to, but if you're feeling overwhelmed by what your peers are doing, take a break from social media and use that time for reflection and career planning.

Take pride in the successes you have had so far.

Take action

If you're looking to get ahead professionally, there are many things you can, and should, do to move your career along.

Set goals for what you want to achieve professionally.

Having a sense of direction will make it easier for you to stay positive, because you'll remember that what matters most is your dedication to reaching your end goal — not whether your job title or salary are on par with that of your friends.

For example, if you've always wanted to learn a new language or take a business management course, there's no time like the present to make it happen!

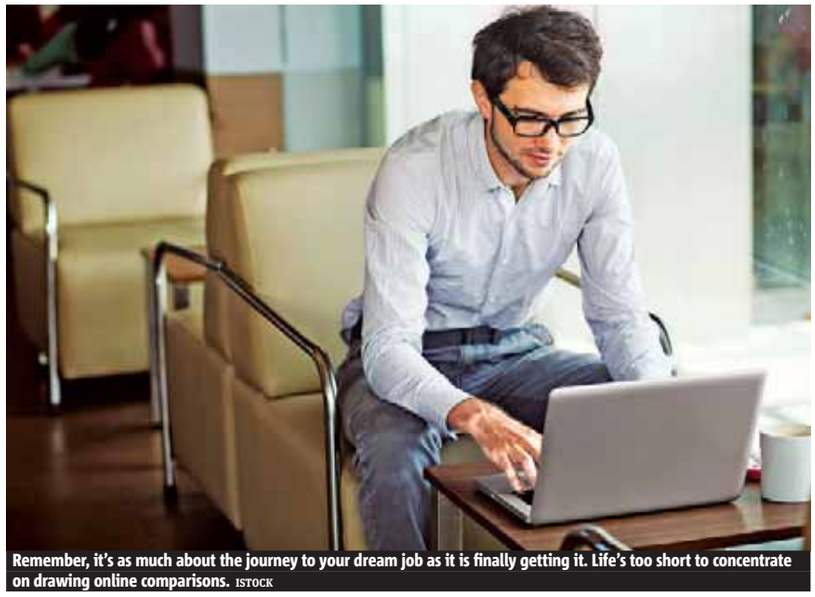
Try talking to your boss about taking on extra responsibilities to gain new experience and skills.

Going the extra mile can help you make a positive impression on your employer — and your initiative will look great on your resumé too.

Volunteering is another great way to further your career — any volunteer position can help you to learn and grow, meet new people, and build up your CV.

Want to work your way up your company's corporate ladder?

See if you can meet, and ideally, treat, a high-level executive to a coffee or lunch. Ask them about their career journey: What advice can they can pass on to you to help you achieve your goals?



Remember, it's as much about the journey to your dream job as it is finally getting it. Life's too short to concentrate on drawing online comparisons. ISTOCK

Get up and go

Your future is brighter than you think

- At the end of the day, what matters is that you feel good about what you've accomplished.
- Keep yourself motivated, but remember that there is no right or wrong path; all you can do is try to make good choices based on the information you have at a given time and work to continuously and actively invest in yourself and your future.
- A little bit of hard work, strategic thinking and careful decision-making can go a long way in helping you to take your career to the next level. It just requires some kind of action; you have to be ready and willing to get out there and do what you need to do.

ADVERTISING

Free E-Cigarette Kits Given to New Years Resolutionaries

180 Smoke - Toronto retailer of e-cigarettes and vapor products announced a giveaway of free rechargeable kits to anyone visiting the store and willing to dump their last pack of tobacco cigarettes at their store (Jan 9 - 16)

Following the success of a similar giveaway during the store's grand opening in June 2014 ,180 Smoke is giving away free e-cigarette kits to help Torontonians with their New Year's resolutions to turn their smoking 180°.

"We're expecting $20,000 worth of rechargeable electronic cigarette kits to be given away to smokers, and believe this is a turning point in traditional smoking and a great incentive for anyone committed to tobacco harm reduction" said Dr. Gopal Bhatnagar, co-founder of 180 Smoke. Bhatnagar added "The giveaway is our way of assuring smokers that they have nothing to lose except their last pack of cigarettes."

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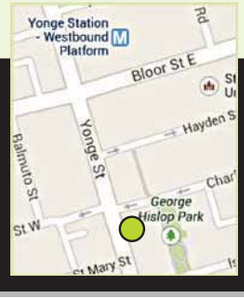

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Jer and the gang help med students ID mental illnesses

Education. At medical school, psychiatry professor making Seinfeld about much more than nothing

Medical students at Rutgers Robert Wood Johnson Medical School are learning about psychiatric disorders through Dr. Anthony Tobia's 'Psy-feld' teaching tool, NJ.com reports.

Tobia has created a database of teaching points using all the show's episodes. Third- and fourth-year medical students are assigned two episodes a week and then gather to discuss the psychopathology demonstrated on each.

"You have a very diverse group of personality traits that are maladaptive on the individual level," Tobia said.

"When you get these friends together, the dynamic is such that it literally creates a plot: Jerry's obsessive compulsive traits combined with Kramer's schizoid traits, with Elaine's inability to forge meaningful relationships and with George being egocentric."

His diagnosis of Newman? "Very sick."

His students sat around a conference table recently, analyzing an episode from the night before.

Third-year student Marlene Wang said that the exercise leads to having more practical and relatable examples than a textbook.

"In this way, it just gives you a more solid picture of the pathology rather than just giving you words," Wang said.

Tobia also teaches a course in which students tweet thoughts about characters' potential psychiatric disorders while watching films like Fargo. THE ASSOCIATED PRESS

Picking apart Puddy

- Dr. Anthony Tobia has also written an academic paper that analyzes five of Elaine's boyfriends from the show to explain delusional disorder.

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NEW YEAR'S RESOLUTIONS

Wednesday, January 7, 2015

January is the time of year when people resolve to change their lives for the better. To help you stick with your resolutions, write them down, give them a deadline and chart their progress. SHUTTERSTOCK

Shape up with a new you for 2015

ASTRID VAN DEN BROEK
For Metro

If Pinterest is any indicator, there are the usual suspects for new year's resolutions for 2015. Exercise daily. Eat healthy. Spend less money.

But there are also many new ones appearing alongside these long-standing entries, such as be happier, perform random acts of kindness and deep clean your home weekly.

To give us a look at this year's resolutions, we asked two experts — Shawn M. Rill, a Baltimore-based personal development coach, and Robert Kegan, the Meehan professor of adult learning at the Harvard graduate school of education in Cambridge, Mass. — to fill us in on what we can expect in the coming year.

THE USUALS

"Many of 2015 new year's resolutions are going to be the same as they were for 2014 — people 'wish' for better health, more money, more family time, more time and to learn a new skill," Rill said.

Clearly, these resolutions don't have great success rates given how they repeatedly show up on lists. However, Rill said that being specific is the way to reach many of these annual resolutions.

Challenge yourself

Here are some Pinterest challenges to tackle in 2015:

- **12 new monthly healthy habits:** Adopt one new healthy habit each month.
- **12-month money challenge:** Starting with $25, save an additional $25 each month to help you save more by the year's end.
- **2015 reading challenge:** Read a variety of books that include different genres or titles mentioned by friends.

"New year's resolutions remain the same for 2015, but if people aren't going to specify exactly what they mean when they say '2015 will be better,' they won't have success," he said. "But if they write it down, give it a deadline, plan it out and chart their progress, well, that's a different story."

A NEW ADDITION

Kegan said he sees many people rethinking their reliance on technology in 2015.

"The new 'player' on the scene over the last several years, unsurprisingly, is related to the digital age," he said. "So that means resolutions to be less addicted to email, to stay more present in the space where your body is, and those kinds of resolutions."

How do you succeed with this tricky goal? Rill suggested breaking it down to mini goals to achieve success. So rather than promising to use Facebook less this year, change your goal to only checking in on Facebook once a day rather than five to seven times a day.

Children. Start out with baby steps

MICHELLE WILLIAMS
For Metro

This is the time of year we are all thinking about ways to make the next 12 months a little better. But what about the kids? Is it worthwhile to help them set some resolutions for the coming year, too?

Care.com global parenting expert Katie Bugbee says yes.

"Setting resolutions with kids is a great way to talk about becoming a better me and letting them know that everyone works on becoming better versions of themselves."

Of course, kids need a little help setting and carrying out suitable resolutions for the new year. Start by discussing what the new year means and how you plan to make positive changes in your own life.

Next, it's your child's turn.

"Younger kids may need a little extra help," Bugbee said. "Ask some leading questions, such as, 'Do you want to have less timeouts next year? If so, what do you get the most timeouts for?' Or, 'Do you want to try more new foods next year? If so, what healthy things could you try?'"

For older kids, Bugbee recommends starting with an open discussion. Thought starters include such questions as, how can you be a better friend to others? Or, is there anything at home or at school you could improve?

Setting the resolution is the easy part — it's the follow-through that's most challenging.

"Talking regularly about the choices you've made might help you all keep your resolutions."

Bugbee said another helpful way for kids to stick with their resolutions is by making a game out of it — creating 'resolution Mason jars' and adding a coin as a reward when you stick to a resolution is one way to tally up successes. But if things don't change, Bugbee said that just because you and your kids set resolutions doesn't mean change will happen magically. Be patient.

Here are some more resolution ideas for children:

- Find ways to get along with my sister/brother.
- Eat something green at dinner every night.
- Put money into a savings account every week.

Help children make resolutions by discussing what the new year means and how you plan to make positive changes in your own life. SHUTTERSTOCK

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App-ropos helpers

Gadgets. Reach your intended goals this year with the aid of these apps

MIKE YAWNEY
For Metro

New year's resolutions are always created with good intentions, but sticking to them is often easier said than done. Here are a few gadgets and apps to help you reach your goals in 2015.

LIVESTRONG MyQuit Coach - Dare to Quit Smoking, iOS — Free

Quit cold turkey or reduce the amount you smoke with this physician-approved app. Users build their own personalized program, which uses motivational tips, health facts, progress charts and achievements to help you reach your end goal. The biggest draw is the online social support network to help when the cravings get intense.

Quitbit — $99.99

Born from a Kickstarter campaign, the Quitbit is the world's first smart lighter. This unique gadget counts each and every time you light up, then helps you ween yourself off the habit by preventing you from lighting a cigarette at key intervals throughout the day. If that's not enough, it also measures how much money you save every time you turn down a smoke.

MyFitnessPal, iOS, Android — Free

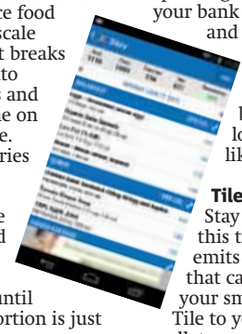
This app makes it easy to lose weight by taking the guesswork out of calorie counting. Tell the app what you are eating, or scan barcodes from your food packages and it provides an exact calorie count. The app features a large food database including many popular Canadian brands. If it's not listed, you can manually add in your favourite snacks and meals.

The Orange Chef Co. Prep Pad, iOS — $199.95

A must-own for the calorie conscious. Place food on this smart scale and watch as it breaks down meals into carbs, proteins and fats in real time on your iOS device. Too many calories in what you're about to eat? Simply remove some food from the scale until the portion is just right.

Mint.com Personal Finance, iOS, Android — Free

Track your home expenses and keep spending in line with this feature-packed app. Set your spending limits, then link your bank card to the app and watch as transactions automatically show up within your budget plan. Tough love for those who like to spend.



Tile — $25

Stay organized with this tiny gadget. Tile emits a Bluetooth signal that can be traced by your smartphone. Attach Tile to your keys, purse, wallet or remote control. When you misplace them, your smartphone will lead you right to them.

Clockwise, from top left: LIVESTRONG MyQuit Coach - Dare to Quit Smoking; Quitbit; MyFitnessPal; Tile; The Orange Chef Co. Prep Pad; and Mint.com Personal Finance.

Change your mindset and behaviour to help you succeed in keeping your resolutions for the new year. SHUTTERSTOCK

It's much more than willpower

ASTRID VAN DEN BROEK
For Metro

This is it. This will be the year where you keep your resolutions, no matter what. But how can you make that happen?

Metro asked two experts to share their insights on why some people fail and some succeed on following through with their resolutions.

FORGETTING TO PLAN

"Most people won't keep their 2015 new year's resolutions for the same reason they didn't keep last year's resolutions — they have no plan," said Shawn M. Rill, a Baltimore-based personal development coach. "We think of resolutions like a wish and we mention them spontaneously when people ask at a holiday party. We wish to lose a few pounds or to quit smoking or eat better. But this kind of ideal wish is like throwing a penny in a water fountain and making a wish."

BECAUSE IT'S NOT JUST ABOUT WILLPOWER

Many of us think that if we just ramp up our willpower, the resolutions will happen.

"The reason willpower only leads to temporary change is not just that you eventually run out of willpower. It is because each time you press harder on the 'gas pedal,' a.k.a. your willpower, another part of you presses harder on the 'brakes,'" said Robert Kegan, the Meehan professor of adult learning at the Harvard graduate school of education in Cambridge, Mass. "Lasting change doesn't occur without what brain science calls 'dual processing.' You need to be mindful of both your 'gas pedal' and your 'brakes.'"

LACKING REALISTIC GOALS

Let's be real — you aren't likely to lose 20 pounds in a month.

"People commonly have outlandish deadlines for realistic goals," Rill said. "Common mistakes for new year's resolutions include not writing down your goal, not having an action plan on achieving it, not having a realistic deadline for the end result of the goal, and not chunking the goal down into smaller parts."

So break down that 20-pound goal into one- or two-pound weekly goals for the first month and take it from there. Rill adds that charting your mini goals can help you record and review your progress toward your ultimate objective.

Dos and don'ts

- Do change your behaviour and mindset about your goals, said Robert Kegan, the Meehan professor of adult learning at the Harvard graduate school of education in Cambridge, Mass.
- Don't forget to set a goal that excites you. "Otherwise, you'll have little passion to accomplish it," said Shawn M. Rill, a Baltimore-based personal development coach.
- Do be specific about your goal. "So if you want to be healthier, be specific about what being healthier means to you," Rill said.

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Roll up robust flavours for dinner

Squash and Ricotta Rotelle. A rose sauce is a welcome alternative to more common red or white options

DINNER EXPRESS
Emily Richards
food@metronews.ca

Looking for something a little more fancy? Why not try this stuffed pasta dish for your next family get-together?

Make sure you check out the produce aisle for precut and peeled squash to speed up this recipe.

And if there is no time to make this rose sauce, simply add 35% whipping cream to some pasta sauce and you will have an instant rose you will love.

Swirls of pasta surround this pale orange filling that has added crunch from the hazelnuts.

No fresh pasta? Simply use about 24 dried lasagna sheets, cooked, and bake.

1. In a saucepan of boiling water, cook squash about 20 minutes or until tender. Drain and place in large bowl. Using potato masher, mash squash until smooth. Stir in ricotta, hazelnuts, parsley, cheese, garlic, pepper and salt.

2. Meanwhile, in a pot of boiling salted water, cook pasta for 2 minutes. Drain and rinse under cold water. Lay in single layer on clean tea towel and pat dry. Spread squash mixture evenly over pasta sheets, leaving 1/2 inch (1 cm) on one short end. Starting on opposite end, roll up jelly-roll style. Slice each roll into 8 pieces; set aside.

3. Rose Sauce: In saucepan, melt butter over medium-high heat. Add flour and cook, stirring for 1 minute. Whisk in milk and cook, stirring about 10 minutes or until thick enough to coat back of spoon. Add pasta sauce, salt, pepper and nutmeg.

4. Pour half of the sauce into a 13x9-inch (3 L) greased baking dish to cover bottom. Place pasta pieces in pan, overlapping slightly. Pour over remaining sauce to cover. Sprinkle with cheese. Bake in 375 F (190 C) oven about 25 minutes or until it is golden and bubbly.

Ingredients

- 6 cups (1.5 L) peeled and cubed butternut squash (about 2 lb/1 kg)
- 1 cup (250 ml) ricotta cheese
- 1/2 cup (125 ml) toasted chopped hazelnuts
- 1/3 cup (75 ml) chopped fresh Italian parsley
- 1/4 cup (60 ml) grated Parmesan cheese
- 1 small clove garlic, minced
- 1/2 tsp (2 ml) pepper
- 1/4 tsp (1 ml) salt
- 4 sheets fresh pasta

Rose Sauce

- 3 tbsp (45 ml) butter
- 3 tbsp (45 ml) all-purpose flour
- 3 cups (750 ml) milk
- 1/2 cup (125 ml) pasta sauce
- 1/2 tsp (2 ml) each salt and pepper
- Pinch fresh grated nutmeg
- 2 tbsp (30 ml) grated Parmesan cheese

This recipe makes eight servings. EMILY RICHARDS

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TORONTO TRANSIT COMMISSION

Leafs forced to look in mirror after firing

NHL. Carlyle's dismissal puts pressure on Toronto's core group of players to crack playoffs

Randy Carlyle looks on from the Leafs bench during what turned out to be his last game as Toronto's head coach, a 5-1 loss in Winnipeg on Saturday. Carlyle, a native of Sudbury, Ont., who was fired on Tuesday, went 91-78-19 in 188 games as Leafs coach over parts of four seasons. MARIANNE HELM/GETTY IMAGES

The Maple Leafs will face the Washington Capitals Wednesday and begin in earnest the process of moving forward after Randy Carlyle's firing.

But not before the Leafs' "core" group was questioned Tuesday about their ability, responsibility and accountability to become a different and more consistent team under new coaches Peter Horachek and Steve Spott.

"That is a very fair question for anyone to ask," Leafs captain Dion Phaneuf said when asked about the viability of the Leafs core group.

"The bottom line is we as players have got to get the job done. This is a result-oriented business and we are expected to win hockey games."

While Carlyle was fired Tuesday on the heels of a 2-5 road trip, the Leafs' core group shared the spotlight and the blame with their former coach for the team's performance, which has disturbingly trended backwards from a 10-1-1 winning streak prior to Christmas.

Phaneuf, Phil Kessel, Tyler Bozak, James van Riemsdyk, Joffrey Lupul, David Clarkson and Jake Gardiner have been shrouded in criticism ever since the Leafs forked over almost $250 million collectively over the life of their respective contracts (all are signed through 2018 and up to 2022).

Phaneuf, van Riemsdyk and several other Leafs, admitted culpability in Carlyle's dismissal.

Horachek stepped into the coaching void, and while the Leafs have not made their coaching situation official yet, Horachek and Spott are expected to co-coach, possibly for the remainder of the season.

Horachek, though, appears to be the coaching voice of the team for now. He's a former assistant in Nashville who had a strong relationship with Barry Trotz.

On the core group's performance, Horachek said he and Spott — assistants under Carlyle — are looking for better leadership.

"I can't talk to what's happened in the past ... all I can talk to is the last two months that I've been here," Horachek said.

"I think that's one area where I think we have to be more prepared mentally, purposefully, individually and have a better attitude to start practices and start games and to work through tough times.

"When things are difficult, that's when adversity hits, that's when you need leadership, that's when we need everyone to step up and be part of that. Every team in the league goes through tough times, in different ways, different styles of tough times. You all have to deal with it and you all have to move forward and you have to take that direction and do something positive with it.

"It's how you deal with it is what makes the difference.

TORSTAR NEWS SERVICE

Phil speaks up

"You think it's my fault? Is that what you're saying? I don't think so, I play, eh?" **Phil Kessel** who took issue with a reporter's question Tuesday about being difficult to coach, calling it "a weird question" to ask.

Possible replacements

Dan Bylsma

Former Penguins coach won Cup in 2009. Known as a systems guy, and showed an ability to coach elite players without causing dissension in the dressing room.

Marc Crawford

Has been coaching in Switzerland but indicated he would like to return to the NHL. Crawford won a Stanley Cup title with Colorado in 1996.

Peter DeBoer

Led Devils to the Cup final in 2012, but DeBoer was fired in December with New Jersey on the verge of missing the playoffs for the third straight season.

Paul MacLean

Fired by the Senators in December. GM Bryan Murray said turnovers and a lack of communication with the players led to MacLean's firing.

Mike Babcock

Detroit coach in the last year of his contract is the gold standard. Won a Cup with the Red Wings in 2008 and coached Canada to two Olympic golds. Speculation is rampant that the Leafs are front-runners should he become a free-agent.

TORSTAR NEWS SERVICE

Shanahan's shuffle. Carlyle ouster just first shoe to drop

THE HOCKEY NEWS
Adam Proteau
toronto@metronews.ca

The firing of Randy Carlyle was the least-surprising Leafs news since the annual announcement of ticket price increases.

Although he retained his job longer than many believed he should have (and was even awarded a two-year extension last summer), Carlyle needed to win at least two playoff rounds to stay employed — and even then, if Mike Babcock decided to join Toronto as the NHL's top-paid coach once the season ends, he would have been unemployed quick-style.

However, don't view this as the start of a new era in Leafsville. Until GM Dave Nonis follows Carlyle out the door, we're still in a weird quasi post-Brian Burke era. But Nonis is likely to be fired — by or before the draft in June.

Under the microscope

"As long as Nonis remains on the job, the Leafs have one foot in a regrettable past."

When team president Brendan Shanahan was hired in April, Nonis' days as the main decision-maker were effectively done. That doesn't mean Shanahan is currently de facto GM, because he isn't; Nonis goes about his business in essentially the same way he has since replacing Burke in January 2013. But now, Nonis is a man on an island. To stay in his role for 2015-16, he needs a major post-season run from this current group of players, which seems rather unlikely.

So this uncomfortable dance will continue a few months more, with Nonis walking on eggshells and waiting for the other shoe to drop. Only in this case, he's the other shoe. Once he departs, I expect Shanahan will take on GM duties and his plan for the Leafs' future will become apparent.

As long as Nonis remains on the job, the Leafs have one foot in a regrettable past. But barring an unseen turn of events, those days are few.

4 SPORTS

Raps add to chips on their shoulders

NBA. Casey irked by Lowry's placing in fan vote and comments by Suns' coach Hornacek

If the Toronto Raptors are fuelled by the chips on their shoulders, Dwane Casey firmly planted a couple more there Tuesday.

And it's good timing for a team off a disappointing 2-4 road trip that cost them the Eastern Conference lead.

Casey was angry Tuesday: first, by the fact Kyle Lowry is ranked a lowly fourth among Eastern Conference guards in all-star voting; and second, the coach was cranky over post-game comments levelled at Toronto by Phoenix Suns coach Jeff Hornacek.

The one positive out of his post-practice chat with reporters: DeMar DeRozan is still on pace to return this week, despite missing practice to undergo more diagnostic tests.

Raptors head coach Dwane Casey
DON RYAN/THE ASSOCIATED PRESS

Lowry was named the East player of the month for December but remains fourth in voting for next month's all-star game behind Washington's John Wall, Miami's Dwyane Wade and Kyrie Irving of the Cleveland Cavaliers.

"Very surprised. I hope our fans get out and vote, don't put it in the hands of the coaches," said Casey. Fans vote for the starters, while coaches vote for the reserves. "And if the coaches don't do it, I'm probably going to get physical and fight with those guys."

Hornacek got under Casey's skin after the Raptors' 125-109 loss to Phoenix on Sunday. The Suns coach was quoted as saying, "We could have won by 40 if we left our starters in."

"Those types of things put a chip on our shoulder. Kyle being fourth in voting, that should put a chip on our shoulder," Casey said. "(Hornacek) saying they should have beat us, how weak the Eastern Conference is, that should put a chip on our shoulder.

"Because the last time I checked, we beat them at our place, and they beat us at their place, no matter what the score was. Karma is something in this league. We've got to play with that edge and that type of edginess to make sure that we prove that we're for real." THE CANADIAN PRESS

Bouchard on top Down Under

Canadian star Eugenie Bouchard hits a return to top-ranked Serena Williams at the Hopman Cup on Tuesday in Perth, Australia. Bouchard won the match 6-2, 6-1. The Canadians clinched the Group A match against the United States when Vasek Pospisil beat John Isner 6-3, 7-6 (4) in the men's singles. WILL RUSSELL/GETTY IMAGES

Baseball Hall of Fame

4 players elected in 1 year for first time since 1955

Randy Johnson, Pedro Martinez and John Smoltz, a trio of star pitchers who dominated in an era of offence, were elected to baseball's Hall of Fame on Tuesday along with Craig Biggio, the first time since 1955 that writers selected four players in one year.

The Big Unit, Martinez and Smoltz easily earned induction on their first tries, and Biggio made it on the third attempt after falling two votes shy last year. Steroids-tainted stars Roger Clemens, Barry Bonds, Mark McGwire and Sammy Sosa remained far from election.

Johnson, a five-time Cy Young Award winner with 303 wins and 4,875 strikeouts, was selected on 534 of 549 ballots by veteran members of the Baseball Writers' Association of America. The left-hander's 97.3 percentage was the eighth-highest in the history of voting. THE ASSOCIATED PRESS

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OFFICIAL PIZZA OF:

2015 Volvo S60 T6 Drive E

- **Type.** Four-door, front-wheel drive, compact-to-midsize luxury sedan
- **Engine.** 2.0-litre turbocharged I4 (302 hp)
- **Transmissions.** Eight-speed automatic
- **Price.** $44,295 base, $53,145 as tested

Market position

Sedan variant of Volvo's entry-level family of sedans (S60), wagons (V60) and crossovers (XC60). Market appeal is designed around safety and a clean interior design.
The T5 has a new 2.0-L turbo four-cylinder engine, good for 240 hp. The T6 combines turbocharging and supercharging — good for 302 hp.

Points

- A mid-cycle revision for 2014 included new body panels from the A pillars forward and a revamped interior.
- A new line of Drive E four-cylinder engines all come with a start/stop feature for improved fuel economy, and an Eco+ mode that adjusts the engine and cuts off accessories as soon as possible.
- A new 8-speed automatic transmission.

The restrained but gorgeous interior is both functional and elegant.

Safety features

An IIHS Top Safety Pick, it received NHTSA's five-star rating for crash performance and is one of few vehicles in this segment to pass IIHS's tough small overlap frontal crash test. Safety systems include pedestrian and cyclist detection with automatic braking and city safety (warning and braking when approaching a vehicle too quickly).

Still Swedish but more efficient

Review. Although now owned by China's Geely, Volvo's new S60 was designed and engineered in Sweden

MIKE GOETZ
drive@metronews.ca

PHOTOS: MIKE GOETZ

Volvo has long provided a strong Swedish alternative in a luxury market dominated by German brands.

So Volvo fans have been holding their breath ever since Chinese automaker Geely purchased the brand from Ford in 2010. Would Volvo continue to be Swedish -centric?

Well, so far, so good. Most aspects of Volvo's engineering and design continue to originate from Sweden, and Geely has demonstrated it is willing and able to invest in future Volvo products.

The transformed S60 is one of the first Volvos to feature the new Drive E line of fuel-efficient yet powerful, direct-injection four-cylinder engines, all with an automatic start/stop function. With various levels of turbo and supercharging, and a future hybrid-electric option, these engines will eventually power all Volvos.

The S60 line starts at the T5 ($39,595), with a 2.0-litre turbo Drive E engine with 240 hp. Our tester was an upscale T6, which packs a 2.0-litre engine with both turbocharging and supercharging to produce 302 hp. The theory is to use supercharging for power at low revs and turbocharging at high revs, and it works just as advertised. I couldn't detect any handover issues, just lots of grunt all the time.

Although the engine is lusty, it remains civilized and quiet — unless you really push the pedal to unleash its mean side. It is a charismatic motor, which is a good thing, because the S60's handling is less so.

The S60 remains a smooth ride, although its front-wheel-drive architecture is not in the same league as rear-wheel designs from Germany.

The interior, however, is gorgeous. Rendered with characteristic Scandinavian restraint, it is both functional and elegant. If you think some luxury cars have too much visual interior stimulus, this might suit your style.

The S60 is packed with as much safety technology as anything in its class — lane-keeping assist, torque vectoring for safer cornering, blind-spot detection, pedestrian and cyclist detection with automatic braking, and driver alert control.

Always smooth, powerful, safe, and distinctly Volvo, the new S60 adds vastly improved fuel economy to its list of attractions. What's not to like?

Compare

1 Acura TLX Tech V6
Base price: $43,864
All new for 2015 with a 290-hp V6 engine and front-wheel drive with all-wheel steer.

2 BMW 335i
Base price: $53,295
Boasts a 300-hp inline 6, with lots of visual horsepower, too.

3 Cadillac ATS 2.0L turbo
Base price: $39,373
A sporty rear-wheel drive with 272 hp. But the back seat and trunk are a bit tight.

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Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

VW adds hydrogen fuel cell to Golf's list of drive options

With the introduction of its hydrogen-fuel-cell Sportwagen HyMotion Concept, Volkswagen's Golf becomes the first car to entertain all drive types that are currently available. The front-wheel-drive HyMotion Concept accelerates to 100 km/h in 10 seconds. With hydrogen stored in four high-tech carbon-fibre tanks (located in a space-saving way in the underbody), the car has a driving range of 515 kilometres. Refuelling takes just three minutes. An onboard lithium-ion battery stores the kinetic energy recovered from regenerative braking, assists in the starting phase of the fuel cell and adds a dynamic boost to the car's maximum acceleration. All that's needed now is a hydrogen-fuel infrastructure to support it.

ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM

The technology used in the hydrogen-powered HyMotion Concept Volkswagen is similar to Toyota's Mirai.

Blu-ray discs could have solar-cell uses

Blu-ray discs outperform DVDs as storage media, in light of their high capacity, high definition and higher transfer rates, notes the emerging technology magazine Gizmag. They also have the ability to greatly improve the efficiency of solar cells, when their etched information patterns are repurposed for use as light concentrators. A research team at Northwestern University in Illinois has discovered that the scattering effect on light shone through the arrangement of data etched on a Blu-ray disc improves energy absorption across the spectrum of light used by solar cells — by as much as 22 per cent. Applications of Blu-ray solar cells could one day range from automotive to domestic and even industrial uses.

While research to improve solar cells is a given, there's also research to maximize the light going to them. Enter the Blue-ray disc.

Shift points

- Chinese media reports that electric-car sales in that country overtook those of the United States in September. Buyers in China bought 11,991 cars with plugs, against 10,551 sold in the U.S., according to an article on the web news site Sina Auto.
- Tesla has opened new Supercharger locations in London and Birmingham, England, as part of a network expansion that will allow Model S owners to drive anywhere in the country and charge for free, for life.
- Plug-in hybrids are merely a "bridging technology" to the universal adoption of pure battery-electric vehicles, says the head of powertrain development at Volkswagen. Heinz-Jakob Neusser said the ultimate goal is entirely battery-electric vehicles that take advantage of a ubiquitous network of fast-charge stations.

Diesel and hybrid-electric combination will power larger Audis

Audi's flagship sedan, the A8, will soon be available with a new e-tron hybrid drivetrain, using a 3.0-litre V6 diesel engine. The new model follows the smaller A3 e-tron Sportback, which uses a 1.4-litre engine paired to an electric motor. The new setup will be used to power Audi's larger models and will be rolled out across the large-vehicle lineup after the A8. Audi said the new system would have 368 horsepower and an all-electric range of 50 kilometres, which would handle the bulk of daily city driving. It should go into production early this year.

Audi's diesel-electric hybrid merges the benefits of both.

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2015 FUSION S

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France's postal service uses electric vans and bicycles to deliver smaller quantities of mail. JIL MCINTOSH

Delivering the final step to battle gridlock

Driving Force. Businesses must find better ways to transport goods from warehouses to stores and homes

JIL MCINTOSH
drive@metronews.ca

When experts talk about sustainable transportation and solving traffic woes, most of them concentrate on personal cars and public transit. But there's another piece of the puzzle that needs to be addressed: last-mile logistics.

That's the name given to the final delivery of goods as they're shipped from warehouses to stores, restaurants, businesses or private homes. About 20 per cent of all city traffic is related to last-mile delivery, so optimizing it could reduce the number of trucks on our streets and the corresponding traffic congestion, as well as cut down significantly on emissions and air pollution.

"The right vehicles need to be used for each type of (cargo) movement, so customers can select the most convenient commercial vehicles in each situation," says Yoshihide Maeda, senior managing director for truck manufacturer Hino Motors. "When you're talking about the future, you cannot avoid the issues of energy and the environment."

Currently, the general business model is to store items in warehouses until a customer orders them, and then load them onto a truck for delivery.

Although the first miles of delivery, from the factory to the warehouse, are fairly efficient (with ships, trains and tractor-trailers usually filled completely on each trip), last-mile deliveries are often made using large or medium-sized trucks loaded to only a fraction of their capacity.

One solution, Maeda says, is for fleets to include a variety of vehicles and use the appropriate one for each task.

"Conventionally, diesel has been used for everything, but there may be better choices for other distances," he says. "Electric vehicles and plug-in hybrids are convenient for high-frequency, small-item delivery in cities. Then you would use hybrid vehicles or (hydrogen) fuel cells for medium distances, and diesel will continue for long distance."

Although vehicles play a major role in the issue, experts agree that infrastructure needs to change as well. Last-mile deliveries can bottleneck when retailers don't have sufficient loading docks or storage space, so wholesalers have to keep sending partially loaded trucks.

Other potential solutions include manufacturers pooling their warehousing and deliveries to retailers; setting up "package stations" where retailers or consumers can pick up their products; designing stores to be better equipped for efficient last-mile delivery; and trucks with modular loading for improved capacity.

Of course, there will be challenges, and planners will have to solve such issues as the costs of retrofitting existing fleets and stores, as well as convincing competitors to work together on shared resources.

Optimized options

- France's postal system uses a variety of vehicles for last-mile delivery, including small electric cargo vans for parcels and mailbags, and electric-assist bicycles for letter carriers.
- Drones will play a role with inner-city deliveries, as well as carrying food and medicine to remote areas or people trapped in disaster zones.
- Compact cargo vans, such as Ford's Transit Connect and Nissan's NV200, have already helped optimize small-item deliveries for many Canadian companies.

Quoted

"Electric vehicles and plug-in hybrids are convenient for high-frequency, small-item delivery in cities ... diesel will continue for long distance."

Yoshihide Maeda, Hino Motors

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2015 Tiguan

Highline model shown

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*Limited time finance purchase offer available through Volkswagen Finance, on approved credit based on a new and unregistered 2015 Tiguan 2.0T Trendline base model with 6-speed manual transmission with base MSRP of $26,600, including $1,610 freight and PDI, financed at 0% APR for 36 months equals 78 bi-weekly payments starting from $292. $2,850 down payment. Cost of borrowing is $0 for a total obligation of $25,550. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **Up to $500 discount on MSRP available on cash purchase, finance or lease of new and unregistered 2015 Tiguan gas models (GLI models excluded). †**Bi-weekly equivalent lease payments of $108 on the Tiguan shown for example purposes only. Actual lease payments start at $238 and must be made monthly, not bi-weekly.** Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2015 Tiguan 2.0T Trendline base model with 6-speed manual transmission and base MSRP of $26,600. $1,610 freight and PDI included. 48-month term at 1.9% APR. $3,395 down payment, $290 security deposit and first monthly payment in excess of payment credits (if applicable) due at lease inception. Total lease obligation: $14,819. 64,000-kilometre allowance; charge of $0.15/km for excess kilometres. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. ††2015 Volkswagen Tiguan 2.0T 4MOTION® received a 5-star side-crash rating. Government star ratings are part of the U.S. National Highway Traffic Safety Administration (NHTSA) New Car Assessment Program (safercar.gov). Crash performance was based on a U.S.-equipped vehicle. Some features on that model may be optional or not available in Canada. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end January 31, 2015 and are subject to change or cancellation without notice. Model shown: 2014 Tiguan 2.0T Highline R-Line, $40,190. Vehicle may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design" and "Tiguan" are registered trademarks of Volkswagen AG. © 2014 Volkswagen Canada.

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SL AWD Premium model shown with Accessory Roof Rail Crossbars▲

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Platinum model shown▲

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Platinum AWD model shown▲

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†No charge All-Wheel Drive (AWD) has an equivalent value of up to $2,000/$2,000 applicable on all 2015 Rogue models (except Rogue S FWD (Y6RG15 AA00)/Rogue SV FWD (Y6SG15 AA00)/2015 Pathfinder models (except Pathfinder S V6 CVT 4x2 (5XRGG15 AA00). Offer only applicable on cash purchase or finance. Discount is deducted after taxes. ♦$27,682/$33,352/$31,882 Selling Price for a new 2015 Rogue S AWD (Y6BG15 AA00)/2015 Pathfinder S V6 (5XCG15 AA00)/2015 Murano S FWD CVT (LXRG15 NA00). Conditions apply. $500 NCF Lease cash included in selling price on the 2015 Pathfinder S V6 (5XBG15 AA00). **MSRP starting from $29,998 for a 2015 Nissan Murano S FWD (LXRG15 NA00) excluding Freight and PDE charges and specific duties of new tires. ▲Models shown $35,982/$48,202/$45,382 Selling Price for a new 2015 Rogue SL AWD Premium (Y6DG15 BK00)/2015 Pathfinder Platinum (5XEG15 AA00)/2015 Murano Platinum AWD (LXEG15 TE00). **♦‡°▲Freight and PDE charges ($1,750/$1,720/$1,750), air-conditioning levy ($100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Lease and finance offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Retailers are free to set individual prices. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. Offers valid between January 3 – February 2, 2015. °Nissan is the fastest growing brand in the non-luxury segment based on comparison of 12-month retail sales from December 2013 to November 2014 of all Canadian automotive brands and 12-month averages sales growth. *Ward's Large Cross/Utility Market Segmentation. MY15 Pathfinder vs. 2015 and 2014 Large Cross/Utility Class. Offers subject to change, continuation or cancellation without notice. Offers have no cash alternative value. See your participating Nissan retailer for complete details. ©1998-2015 Nissan Canada Inc. and Nissan Financial Services Inc. a division of Nissan Canada Inc.

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Control your feelings today, especially if someone you thought you could trust lets you down. Don't get upset about something you can't change.

♉ Taurus
April 21 - May 21
A colleague you thought you could rely on will say something that makes you realize they are not on your side after all. End the association if you think that's the right thing to do.

♊ Gemini
May 22 - June 21
Your current big idea may be wonderful but don't shout about it too loudly. In fact you should keep it to yourself at least until the end of the week.

♋ Cancer
June 22 - July 23
You may feel confident but the planets warn you should think before taking on authority. If you feel the need to prove yourself wait until Mars changes signs on the 12th.

♌ Leo
July 24 - Aug. 23
Form a picture in your mind of where you'd like to be a year from now and then start doing the things that will make it happen. All things are possible but you need to plan ahead.

♍ Virgo
Aug. 24 - Sept. 23
Something you have spent months trying to get right will solve itself over the next 24 hours. Accept the situation and get on with your life.

♎ Libra
Sept. 24 - Oct. 23
Someone you don't get along with will be friendly towards you today and you're right to be suspicious. According to the planets, they're up to no good.

♏ Scorpio
Oct. 24 - Nov. 22
You are full of energy but don't expect other people to be as active as you. Just because you are racing around does not mean everyone has to follow.

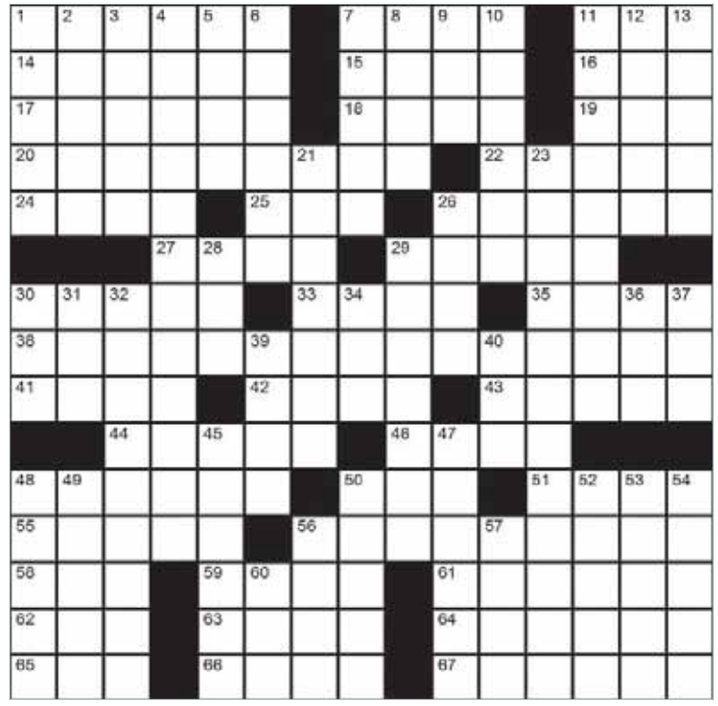
♐ Sagittarius
Nov. 23 - Dec. 21
Be careful what you say over the next 24 hours because if you say too much you could hurt a friend's feelings and chances are they won't be a friend for much longer.

♑ Capricorn
Dec. 22 - Jan. 20
You may worry that you have fallen behind in your schedule but the planets indicate there is plenty of time to catch up. In your personal life and at work make this a day of planning.

♒ Aquarius
Jan. 21 - Feb. 19
You might be tempted to argue with someone whose opinions you find offensive but they are likely deliberately trying to provoke you into overreacting.

♓ Pisces
Feb. 20 - March 20
Have faith in your own abilities, even if people have made it clear they think you are taking on too much. Success depends on may things but most of all it depends on confidence.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Sea between Australia and New Zealand
7. Bobby Orr's number
11. Rapper, Mos __
14. Eminent: 2 wds.
15. Provo's place
16. Galilee's locale [abbr.]
17. Cute-style farm animal
18. World's longest river
19. '60s lettered car
20. Paperback place-savers
22. Ms. Neuwirth's
24. Aleutian island
25. Lana Del __
26. "Wait...": 2 wds.
27. __ Only (Canadian Hip-Hop artist)
29. Commuter's currency
30. "Real Time with Bill __"
33. Doubleton
35. Count on
38. National Ballet of Canada star: 2 wds.
41. Dix - trois = __
42. Line above the equator, _. __.
43. Grabs
44. __ Sound, Ontario
46. "American __"
48. French silent film actress, Renee __ (b.1898 - d.1933)
50. Slash's old li'l band
51. George Lucas character
55. Flower's sepals, collectively
56. Downward-Facing Dog, and others: 2 wds.
58. Very: Spanish
59. Wing-like
61. One stopping the TV show
62. Tolkien creature
63. Lengthy
64. Whole
65. Fr. holy woman
66. Actor Mr. Wilson
67. Pay close regard to again

Down
1. Alberto __ (Olympics skiing champ from Italy)
2. Underway
3. Nose-in-the-air type
4. Michael Dowse's Canuck flick "Fubar" (2002), for example
5. Mr. Egoyan
6. New Jersey airport city
7. Wilson Pickett's "__ Broadway"
8. Actress Carre
9. 'Concept' completer
10. Antelope of South Africa
11. Nova Scotia... Narrow peninsula on the Fundy Coast: 2 wds.
12. Cosmetics company, __ Lauder
13. New England poet Robert
21. Fix up makeup
23. Official name of Winnipeg's famed Golden Boy statue: 2 wds.
26. North: French
28. Grampus
29. NFLD: Historical community on Fogo Island
30. Gov. gigs
31. "__ We There Yet?" (2005)
32. Boucherville-born politician, Sir Louis-__ Lafontaine (b.1807 - d.1864)
34. Small battery
36. Novelist Harper
37. 2015, et al.
39. Curtly concerning: 2 wds.
40. _ __ Z
45. Edmonton Oilers home, __ Place
47. Don __ (Jon Hamm's "Mad Men" role)
48. Tops
49. Intimidate
50. Valley variety
52. Actor Mr. Davis
53. John __ (Farm equipment company)
54. Comparable to blood's colour: 2 wds.
56. Quickly tug
57. Window piece
60. Mr. Ferrigno

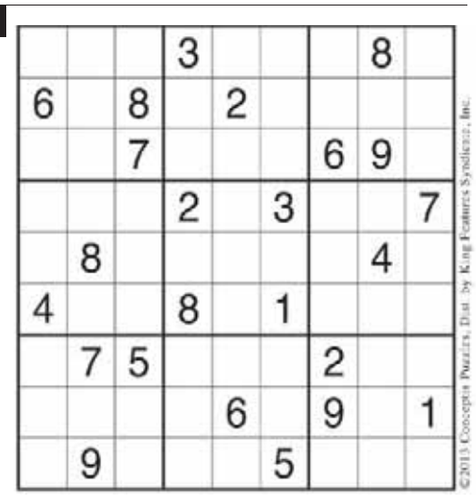
Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

8	4	1	5	6	3	7	2	9
7	2	6	1	9	4	8	3	5
5	3	9	8	2	7	1	4	6
1	9	4	2	3	5	6	8	7
2	8	3	7	1	6	9	5	4
6	5	7	4	8	9	3	1	2
9	6	5	3	4	1	2	7	8
3	7	2	6	5	8	4	9	1
4	1	8	9	7	2	5	6	3

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KIA

UP TO HALF PRICE PAYMENTS

WE PAY THE OTHER HALF[6]

"Up to Half Price Payments" for up to one year available on financing offers only on 2015 Rio/Forte/Optima/Rondo/Sorento models

OR A $1,000 NEW YEAR BONUS[¤]

HEATED SEATS

HEATED STEERING WHEEL

HEATED MIRRORS

WINTER TIRES

REMOTE STARTER

BE READY FOR WINTER WITH OUR WINTER READY MODELS

2015 RIO LX MT

Rio4 SX with Navigation shown‡ Cash purchase price $22,514
HWY / CITY 100KM* : 5.3L/7.3L

from $21 weekly for 69 payments | **0% financing for up to 84 months** | **$0 down payment^Δ**

Includes up to "Half Price Payments" credit. $21 weekly payment amount includes $1,500 Half Price Payments Credit. Payments are based on 2015 Rio LX MT (RO541F) 84-month financing. After 69 weekly payments at $21, the weekly payments will increase to $43^Δ. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§] Excludes HST.

2015 FORTE LX MT

Forte SX AT shown‡ Cash purchase price $26,814
HWY / CITY 100KM* : 5.3L/8.0L

from $24 weekly for 62 payments | **0% financing for up to 84 months** | **$0 down payment^Δ**

Includes up to "Half Price Payments" credit. $24 weekly payment amount includes $1,500 Half Price Payments Credit. Payments are based on 2015 Forte LX MT (FO541F) 84-month financing. After 62 weekly payments at $24, the weekly payments will increase to $48^Δ. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§] Excludes HST.

2015 OPTIMA LX AT

Optima SX Turbo shown‡ Cash purchase price $33,514
HWY / CITY 100KM* : 5.7L/8.9L

from $36 weekly for 28 payments | **0% financing for up to 84 months** | **$0 down payment^Δ**

Includes up to "Half Price Payments" credit. $36 weekly payment amount includes $1,000 Half Price Payments Credit. Payments are based on 2015 Optima LX AT (OP742F) 84-month financing. After 28 weekly payments at $36, the weekly payments will increase to $73^Δ. Half Price Payments Credit may alternatively be taken as a one time lump sum payment. [§] Excludes HST.

2015 RONDO LX MT

Rondo EX Luxury 7-Seat with Navigation shown‡
Cash purchase price $30,594 – HWY / CITY 100KM* : 6.2L/9.4L

from $31 weekly for 46 payments | **0% financing for up to 84 months** | **$0 down payment^Δ**

Includes up to "Half Price Payments" credit. $31 weekly payment amount includes $1,500 Half Price Payments Credit. Payments are based on 2015 Rondo LX MT (RN551F) 84-month financing. After 46 weekly payments at $31, the weekly payments will increase to $63^Δ. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§] Excludes HST.

2015 SORENTO LX AT

Sorento SX AT AWD 7-Seat shown‡ Cash purchase price $38,894
HWY / CITY 100KM* : 9.0L/12.7L

from $39 weekly for 50 payments | **0% financing for up to 84 months** | **$0 down payment^Δ**

Includes up to "Half Price Payments" credit. $39 weekly payment amount includes $2,000 Half Price Payments Credit. Payments are based on 2015 Sorento LX AT (SR75BF) 84-month financing. After 50 weekly payments at $39, the weekly payments will increase to $79^Δ. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§] Excludes HST.

5 Year Warranty[5]

WE'VE GOT YOU COVERED
*5-year/100,000 km worry-free comprehensive warranty.

Kia's new Customer Friendly Pricing includes delivery and destination fees and all mandatory government levies. Prices do not include fuel-fill charges up to $100, dealer administration fees up to $399, licensing or applicable taxes.

VISIT KIA.CA FOR DETAILS

OFFER ENDS FEBRUARY 2ND

KIA
The Power to Surprise

Offer(s) available on select new 2015 models through participating dealers to qualified retail customers who take delivery from January 3rd to February 2nd, 2015. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,665, $5 OMVIC fee, $29 tire tax, other taxes, environmental fee, and $100 A/C charge (where applicable). Excludes licensing, registration, insurance, variable dealer administration fees (up to $399), fuel-fill charges up to $100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. 6"Half Price Payments" for up to on year ("Offer") is only applicable on financing offers on 2015 Rio/Forte/Optima/Sorento/Rondo models. On approved credit, from a participating dealer in Canada between January 3rd to February 2nd, 2015. The Offer consists of a loan credit (up to"Half Price Payments Credit") that will range from $500 to $3,250 depending on model/trim. Customers can choose to take the full amount of the applicable up to Half Price Payments Credit as a one (1) time incentive that will be deducted from the negotiated price of the vehicle before taxes. Alternatively, customers can choose the "Half Price Payments" option and have their financing payments reduced (before taxes) by 50% until such time as the entire amount of the applicable up to Half Price Payments Credit has been exhausted. This may take between 10 weeks and 69 weeks depending on model/trim and the amount of the applicable up to Half Price Payments Credit. After the entire amount of the applicable up to Half Price Payments Credit has been exhausted, the customer will be required to pay the full amount of all regularly scheduled finance payments over the remaining term of the contract. Vehicle trade-in amounts and down payments are not calculated in the advertised "Half Price Payments". See dealer for complete details. ^Δ**Representative financing example**: 0% financing offer for up to 84 months available to qualified retail customers on approved credit for the new 2015 Rio LX MT (RO541F)/2015 Forte LX MT (FO541F)/2015 Optima LX AT (OP742F)/2015 Sorento LX AT (SR75BF)/2015 Rondo LX MT (RN551F) with a purchase price of $15,614/$17,514/$26,414/$28,794/$23,094 financed at 0% for 84-month period with $0 down payment equals 69/62/28/50/46 reduced weekly payments of $21/$24/$36/$39/$31 followed by weekly payments of $43/$48/$73/$79/$63. Cost includes delivery and destination fees of up to $1,665, $5 OMVIC fee, tire tax of $29, $100 A/C charge (where applicable). Includes $1,500/$1,500/$1,000/$2,000/$1,500 "Half Price Payments" credit. Cost of borrowing is $0 and total obligation is $7,746/$8,708/$12,978/$14,224/$11,214. "Half Price Payment" Incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. Offer ends February 2nd, 2015. ‡Model shown Manufacturer Suggested Retail Price for 2015 Forte SX (FO748F)/2015 Rio4 SX with Navigation (RO748F)/2015 Sorento EX AT AWD (SR754F)/2015 Optima SX Turbo AT (OP748F)/2015 Rondo EX Luxury (RN756F) is $26,814/$22,514/$38,894/$33,514/$30,594. *Highway/city fuel consumption is based on the 2015 Rio LX+ ECO AT/2015 Forte 1.8L MPI 4-cyl MT/2015 Sorento LX 2.4L GDI 4-cyl AT/2015 Rondo 2.0L GDI 4-cyl AT/2015 Optima 2.4L GDI AT. These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. ¤$1,000 New Year Bonus amounts are offered on select 2015 Winter Edition models and are deducted from the negotiated purchase price before taxes. Available on financing offers only. Certain conditions apply. $1,000 New Year Bonus amount available on the 2015 Rondo LX AT (5-seat) Winter SE (RN75SF), 2015 Rondo LX AT (7-seat) Winter SE (RN75TF) and 2015 Optima LX AT Winter SE (OP745F). Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.